


MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
3oz Salisbury Steak ½ c Garlic Mashed Potatoes ½ c Carrots 1 Dinner Roll w/ Margarine 1 Orange 1 Package Powdered Milk	¾ c. Tuna Salad ½ c. Health Salad (Coleslaw w/ vinegar) ½ c. Three Bean Salad 2 SL. Rye Bread ½ c. Canned Fruit 1 Package Powdered Milk	3 oz. Herb Crusted Baked Fish ½ c. Vegetables ½ c. Mashed Potatoes 1 Dinner Roll w/Margarine ½. C. Peaches 1 Package Powdered Milk	Grilled Chicken Caesar Wrap (3oz Grilled Chicken on WG Tortilla) 1 cup Romaine Lettuce (in wrap) ½ cup Tomato (in wrap) ½ c. chic-pea salad ½ cup Peaches 1 Package of Powdered Milk	3 oz BBQ Chicken ½ c Potato Pancake ½ c String Beans 2 oz. Challah Roll /Margarine ½ c. Apple Sauce 1 Package Powdered Milk
8	9	10	11	12
3 oz Hamburger on WG Bun ½ c. Potato Wedges ½ c. Lettuce & Tomato ½ c. Seasonal Fruit 1 Package Powdered Milk	¾ c. Chicken Salad ½ c. Potato Salad ½ c. Tomato Salad 2 oz. Dinner Roll/Margarine ½ c. Mixed Fruit 1 Package Powdered Milk	3 oz. Beef Mongolian ½ c. Asian Fried Rice ½ c. Asian Vegetables 2 oz. Dinner Roll/margarine ½ c. Fresh Fruit 1 Package Powdered Milk	Cobb Salad (3 oz Chicken on Bed of Greens w/ Boiled Egg) ½ cup Chickpea salad (side) 2 Packs Matzah Crackers 1 Packet of Balsamic Dressing ½ cup Pears 1 Package of Powdered Milk	3 oz. Lemon Baked Chicken 1 Noodle Kugel ½ c. Carrots 2 oz. WG Roll w/ margarine ½ c. Peaches 1 Package of Powdered Milk
15	16	17	18	19
2 (2 oz) Kosher hot dog ½ c. Sauerkraut ½ c. Baked Beans 1 WG Hot Dog Bun ½ c Pineapple 1 packet Ketchup & Mustard 1 Package Powdered Milk	Mediterranean Chicken Veggie Wrap (3oz Chicken w/ 2 Tbs Hummus on 12" WG Tortilla) 1 ½ cup Tomato, Onion, Cucumber (on wrap) 2 Tbs Hummus (on wrap) ½ c. chic pea salad ½ Fresh Seasonal Fruit 1 Package of Powdered Milk	4 oz. Chili w/Meat Sauce ½ C. Rice ½ C. Mixed Vegetables 2 oz. Dinner Roll w/ margarine ½ cup Apple Sauce 1	4 oz. Egg Salad ½ c. Black Bean Salad ½ c. Tomato/Cucumber/Onion 2 sl of WG Bread w/Margarine ½ c. Canned Fruit 1 Package Powdered Milk	3 oz Chicken Francois ½ c. Potato Kugel ½ c. Squash Medley 2 oz. Challah Roll /Margarine ½ c. Apple Sauce 1 Package Powdered Milk
22	23	24	25	26
Spaghetti & (4) Meatballs ½ c. Marinara sauce ½ c. Garden Salad w/ dressing 2 oz. Dinner roll w/ margarine ½ c. Seasonal Fruit Cup 1 Package Powdered Milk	Nicoise Salad (4 oz Tuna, red potato & Green Beans) ½ c. Tomatoes & Olives 1 packet dressing ½ cup Peaches 2 packets of Matzah Crackers 1 Package of Powdered Milk	3 oz. Meatloaf ½ c. Mashed Potatoes ½ c. Peas & Carrots 2 oz. Dinner Roll/ Marg ½ cup Peaches 1 Package Powdered Milk	Turkey Sandwich (3oz of Turkey on WG Baguette) 1 cup Lettuce & Tomato ½ cup Cole Slaw 1 Whole Apple Sliced 1 packet of Mayo & Mustard 1 Package of Powdered Milk	3 oz. Chicken Schnitzel ½ c. Rice ½ c. String Beans 2 oz. Challah Roll/margarine ½ c. Fresh Fruit 1 Package Powdered Milk
29	30	31	<p>APPROVED BY AND SIGNED BY: ALEX FRIZZELLE CATERER: STERLING KOSHER DATE: 5/2/22</p> 	
3oz Salisbury Steak ½ c Garlic Mashed Potatoes ½ c Carrots 1 Dinner Roll w/ Margarine 1 Orange 1 Package Powdered Milk	¾ c. Tuna Salad ½ c. Three Bean Salad ½ c. Greek Pasta Salad 2 SL. Rye Bread ½ c. Canned Fruit 1 Package Powdered Milk	4 oz Rigatoni/Ziti w/ Bolognese ½ c. Garden Salad w/ dressing ½ c. Peas & Carrots 2 oz. Dinner Roll/margarine ½ c. Fresh Fruit 1 Package Powdered Milk		

Requirements are as follows: Grains- 2 servings (1 cup cooked pasta or rice,) (2 slices of bread, 1 oz each). Protein-3 oz Cooked Edible Portion Meat or Alternative. Vegetable-2 servings (1/2 c each serving). Fruit- 1 Serving ½ cup (4oz). Fat- 1 teaspoon Butter or Fortified Margarine; Milk -1 cup (8oz).