

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 3 | 4 | 5 | 6 | 7 |
| 3 oz. Meatloaf w/ gravy ½ c. Garlic Mashed Potatoes ½ c Peas & Carrots 2 oz. Dinner roll w/ margarine ½ c. Seasonal Fruit Cup 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) ½ cup mixed Veggie Salad ½ cup Peaches 1 Package of Powdered Milk | 8 oz. Eggplant Parmesana (4oz Eggplant , 2 oz. mozzarella, 2 oz Marinara) ½ c. Spaghetti w/ Garlic Sauce ½ c. Mixed Vegetables ½ c. Seasonal Fruit 1 Package Powdered Milk | 4 oz. Sliced Turkey sandwich on WG Roll ½ c Lettuce & Tomato 1 packet of Mustard ½ c. Pasta 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 |
| 10 | 11 | 12 | 13 | 14 |
| 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 | ¾ c. Tuna Salad ½ c. Garden Salad w/dressing ½ c. Cole Slaw 2 SL. Rye Bread ½ c. Canned Fruit 1 Package Powdered Milk | 3 oz. Herb Crusted Baked Fish ½ c. Yellow Rice w/vegetables ½ c. Green Beans 1 oz. Dinner Roll w/Margarine ½. c. Peaches 1 Packet Tarter Sauce 1 Package Powdered Milk | 4 oz. Vegetable Quiche w/ 2 oz Mozzarella Cheese ½ c. Green Mix w/ Tomato & Onion ½ c. Roasted Potatoes 2 oz. WG Dinner Roll w/Margarine 1 Packet Italian Dressing ½ cup Peaches 1 Package Powdered Milk | 3 oz. Chicken Francoise ½ c. rice ½ c. Carrots 2 oz. WG Roll w/ margarine ½ c. Peaches 1 Package of Powdered Milk |
| 17 | 18 | 19 | 20 | 21 |
| 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 | ¾ c. Chicken Salad ½ c. Pasta Salad in Vinaigrette ½ c. Tomato Salad 2 oz. Dinner Roll/Margarine ½ c. Mixed Fruit 1 Package 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 Package Powdered Milk | Grilled Chicken Caesar Wrap (3oz Grilled Chicken on WG Tortilla) 1 cup Romaine Lettuce (in wrap) ½ cup Tomato (in wrap) 2 tbs Caesar Dressing (in wrap) ½ c. chic-pea salad ½ cup Peaches 1 Package of Powdered Milk | 3 oz Baked Chicken ½ c. Noodle Kugel ½ c. Squash Medley 2 oz. Challah Roll /Margarine ½ c. Apple Sauce 1 Package Powdered Milk |
| 24 | 25 | 26 | 27 | 28 |
| 3oz Salisbury Steak ½ c Mashed Potatoes ½ c Peas & Carrots 2 oz WG Dinner Roll w/Margarine ½ c. Mixed Fruit 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) ½ cup mixed Veggie Salad ½ cup Peaches 1 Package of 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 | 4 oz. Egg Salad ½ c. Pasta Salad ½ c. Tomato/Cucumber/Onion 2 sl of WG Bread w/Margarine ½ c. Canned Fruit 1 Package Powdered Milk | 3 oz. Chicken Schnitzel ½ c. Couscous ½ c. String Beans 2 oz. Challah Roll/margarine ½ c. Fresh Fruit 1 Package Powdered Milk |
| 31 | | | | |
| 3 oz. Hamburger w/ Lettuce & Tomato on WG Bun ½ c. Potato Tots ½ c. Grilled Vegetables ½ c. Mixed Fruit 1 pkt Ketchup, Mustard 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.) | APPROVED BY AND SIGNED BY: ALEX FRIZZELLE CATERER: STERLING KOSHER DATE: 11/1/21 <i>Alex B. Frizzelle RDN</i> |

