



PRECISION NUTRITION



Monday	Tuesday	Wednesday	Thursday	Friday
Cultural Meal Day 	1 Beef Stroganoff w/ Egg Noodles 2oz(1 cup) Italian Cut Green Beans ½ cup Diced Carrots ½ cup Wheat Roll 1 each Fresh Orange 1 each Milk 1% 8oz	2 Ginger BBQ Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Wheat Bread 2 slice Diced Pears ½ cup Milk 1% 8oz	3 Scrambled Eggs 2oz Pork Sausage 1.5oz Roasted Potatoes ½ cup Wheat Bread 2 slice Spiced Peaches ½ cup Milk 1% 8oz	4 Chicken & Noodles 1 CUP Rosemary Roasted Potatoes ½ cup Broccoli ½ cup Wheat Roll 1 each Diced Pears ½ cup Milk 1% 8oz
7 Grilled Hamburger 3oz Mac & Cheese ½ cup Festive Green Beans ½ cup Diced Pears ½ cup Wheat Bun 1 each Milk 1% 8oz	8 Cheese Lasagna w/ Veggie Marinara 3oz Capri Veggies ½ cup Lima Beans ½ cup Wheat Roll 1 each Diced Pineapple ½ cup Milk 1% 8oz	9 Braised Beef Over 1 cup Egg Noodles Collard Greens ½ cup Diced Carrots ½ cup Wheat Roll 1 each Applesauce ½ cup Milk 1% 8oz	10 Pineapple & Beef 2oz Fried Rice Broccoli w/ Red Peppers ½ cup Midori Blend Vegetables ½ cup Mandarin Oranges ½ cup Milk 1% 8oz 	11 Swedish Meatballs 2oz Broccoli ½ cup Diced Carrots ½ cup Brown Rice ½ cup Wheat Bread 1 each Mixed Fruit ½ cup Milk 1% 8oz
14 Oven Fried Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Orange Juice 4oz Milk 1% 8oz	15 Italian Bowtie Pasta w/Beef 2oz Broccoli w/Red Peppers ½ cup Green Beans ½ cup Mandarin Oranges ½ cup Milk 1% 8oz	16 Bagel w/Egg, Pork 2 grain Sausage & Cheese 2oz Sliced Apples ½ cup Roasted Sweet Potatoes ½ cup Milk 1% 8oz	17 Chicken Cordon Bleu 3oz Asparagus ½ cup Roasted Potatoes ½ cup Wheat bread 2 slice Mixed Fruit ½ cup Milk 1% 8oz	18 Potato Pollock 3oz Peas and Corn ½ cup Turnip Greens ½ cup Wheat Bread 1 slice Tropical Fruit ½ cup Milk 1% 8oz
21 Chicken Parmesan 3oz Parmesan Cheese Apples w/Cherries & Almonds ½ cup Roasted Potatoes ½ cup Wheat Bread 1 slice Mixed fruit ½ cup Milk 1% 8oz	22 Teriyaki Chicken & Noodles 2oz /1 cup Stir Fry Veggies ½ cup Fresh Orange 1 each Wheat bread 1 slice Milk 1% 8oz	23 Sloppy Joe 3oz WG Bun 1 each Roasted Sweet Potatoes ½ cup Brussel Sprouts w/ Onion ½ cup Diced Pineapple ½ cup Milk 1% 8oz	24 Sliced Turkey over 2oz Southwest Pasta 1 cup Broccoli ½ cup Peas ½ cup Chocolate Pudding ½ cup Milk 1% 8oz	25 Beef Stew 1 cup(2oz) Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slice Diced Peaches ½ cup Milk 1% 8oz
28 Meatloaf w/Gravy 3oz Brussels sprouts ½ cup Mashed Potatoes ½ cup Mandarin Oranges ½ cup Wheat bread 1 slice Birthday Treat 1 each Milk 1% 8oz	29 Indiana Style Chili Mac 1 cup(2oz) California Veggie Blend ½ cup Applesauce ½ cup Corn Bread 1 each Milk 1% 8oz	30 Smoked Pork Sausage 3oz w/Peppers & Onions 1oz Peas ½ cup Roasted Potatoes ½ cup Wheat Roll 2 each Strawberry Applesauce ½ cup Milk 1% 8oz	31 Chicken & White Bean Chili 1cup(2oz) Brussel Sprouts ½ cup Corn ½ cup Corn Bread 2 each Mixed Fruit ½ cup Milk 1% 8oz	

*Menus are subject to change based on product availability.