

# PRECISION NUTRITION



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 - Sloppy Joe 3oz Roasted Sweet Potatoes ½ cup Brussels Sprouts w/ Onion ½ cup WG Bun 1 each(2 grain) Diced Pineapple ½ cup Milk 1% 8oz</p>	<p>2 Chicken Parmesan 3oz Parmesan Cheese Apples w/Cherries &amp; Almonds ½ cup Roasted Potatoes ½ cup Wheat Bread 1 slice Diced pears ½ cup Milk 1% 8oz</p>	<p>3 - Teriyaki Chicken &amp; 2oz Noodles 1 cup(1 grain) Stir Fry Veggies ½ cup Mandarin Oranges ½ cup Wheat bread 1 slice Milk 1% 8oz</p>	<p>4 Grilled Chicken w/ 3oz Salsa &amp; Cheese Black Beans ½ cup Carrots ½ cup Corn Bread 2 each Mandarin Oranges ½ cup Milk 1% 8oz</p>	<p>5 Turkey Ham 1oz &amp; Beans 1 cup Diced Beets ½ cup Diced Carrots ½ cup Corn Bread 2 each Mixed Fruit ½ cup Milk 1% 8oz</p>
<p>8 Oven-Fried Chicken 3oz Collard Greens ½ cup Whipped Sweet Potatoes ½ cup Orange Juice ½ cup Milk 1% 8oz</p>	<p>9 Smoked Pork Sausage 3 oz w/Peppers &amp; Onions Peas Roasted Potatoes ½ cup Wheat Bread 1 each Strawberry Applesauce ½ cup Milk 1% 8oz</p>	<p>10 Chicken Burrito Bowl 3oz Black Beans ½ cup Fajita Vegetables ½ cup Cilantro Lime Rice ½ cup Tropical fruit ½ cup Milk 1% 8oz</p>	<p>11 Pot Roast w/Gravy 3oz Mashed Potatoes ½ cup Broccoli ½ cup Wheat Bread 1each Applesauce ½ cup Milk 1% 8oz</p>	<p>12 Chili 1 cup California Veggies ½ cup Roasted Sweet Potatoes ½ cup Corn Bread 1 each Tropical Fruit ½ cup Milk 1% 8oz</p>
<p>15 Grilled Hamburger 3oz Mac &amp; Cheese ½ cup Festive Green Beans ½ cup Diced Pineapple ½ cup WG Bun 1 each Milk 1% 8oz</p>	<p>16 Braised Beef Over 2oz Egg Noodles 1 grain Collard Greens ½ cup Diced Carrots ½ cup Wheat Roll 1 each Applesauce ½ cup Milk 1% 8oz</p>	<p>17 Beef Stew 1 cup (2oz) Corn ½ cup Turnip Greens ½ cup Wheat Bread 1 each Diced Peaches ½ cup Milk 1% 8oz</p>	<p>18 Bagel 2 grain w/ Pork Sausage 1oz, Egg 1oz &amp; Cheese 1oz Roasted Sweet Potatoes ½ cup Sliced Apples ½ cup Milk 1% 8oz</p>	<p>19 Sliced Turkey w Southwest Pasta 2oz Corn ½ cup Peas ½ cup Pudding Cup ½ cup Wheat Bread 1 each Milk 1% 8oz</p>
<p>22 - Fish &amp; "Chips" Breaded Hake 3oz Roasted Red Skinned Potatoes ½ cup Peas ½ cup Wheat bread 1 each Diced Peaches ½ cup Milk 1% 8oz</p> 	<p>23 Country Fried Steak w/Gravy 3oz Spinach ½ cup Baked Potato 1 each Tropical Fruit ½ cup Milk 1% 8oz</p>	<p>24 Spaghetti/Meatballs 2oz Parmesan Cheese Italian Cut Green Beans ½ cup California Veggies ½ cup Mandarin Oranges ½ cup Milk 1% 8oz</p>	<p>25 Indiana Style Chili Mac 1cup (2oz) Mixed Veggies ½ cup Applesauce ½ cup Corn Bread 2 each Milk 1% 8oz</p>	<p>26 Meatloaf w/ Gravy 3oz Mashed Potatoes 1/2 cup Brussel Sprouts ½ cup Wheat Bread 1 each Mandarin Oranges ½ cup Milk 1% 8oz</p>
<p>29 Smothered Chicken Breast w/ Gravy 3oz White and Wild Rice ½ cup Key West Veggies ½ cup Diced Peaches ½ cup Birthday Treat 1 each Milk 1% 8oz</p>	<p>30 Chicken &amp; Noodles 2oz Rosemary Potatoes ½ cup Broccoli ½ cup Wheat Roll 1 each Diced Pears ½ cup Milk 1% 8oz</p>			<p>Cultural Meal Day</p> 

\*Menus are subject to change based on product availability.