

PRECISION NUTRITION



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Oven Fried Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Orange Juice 4 oz Wheat bread 1 slice Milk 1% 8oz</p>	<p>4 Spaghetti 1 grain /Meatballs 2oz Parmesan Cheese Italian Cut Green Beans ½ cup California Veggies ½ cup Dinner roll Mixed Fruit ½ cup Milk 1% 8oz</p>	<p>5 Smothered Chicken Breast 3 oz w/Gravy White & Wild Rice ½ cup Key West Veggies ½ cup Wheat Bread 2 slices Diced Pineapple ½ cup Milk 1% 8oz</p>	<p>6 BBQ Beef 3 oz Green Beans ½ cup Scalloped Potatoes 1/2 cup WG Bun 1 each Diced Peaches ½ cup Milk 1% 8oz</p>	<p>7 Sliced Turkey 3oz w/Gravy Maple Sweet Potatoes ½ cup Broccoli ½ cup Wheat bread 2 slices Diced Pears ½ cup Milk 1% 8oz</p>
<p>10 Grilled Hamburger 3oz Mac & Cheese ½ cup Festive Green Beans ½ cup Diced Pears ½ cup WG Bun 1 each Milk 1% 8oz</p>	<p>11 Cheesy Smothered Chopped Steak 3oz White Rice Pilaf ½cup Peas ½ cup Wheat Bread 2 slices Mandarin Oranges ½ cup Milk 1% 8oz</p>	<p>12 Chicken Roma 2oz w/ Couscous Roasted Carrots ½ cup Apples & Cherries w/Almonds ½ cup Wheat Bread 1 slice Milk 1% 8oz</p> 	<p>13 Almond Crusted Fish 4oz California Veggies ½ cup Scalloped Potatoes ½ cup Mixed Fruit ½ cup Wheat Bread 2 slices Milk 1% 8oz</p>	<p>14 Pot Roast w/Gravy 3oz Broccoli Mashed Potatoes ½ cup Wheat Bread 1 slice Applesauce ½ cup Milk 1% 8oz</p>
<p>17 Cheese Lasagna w/ Veggie Marinara 2oz Capri Veggies ½ cup Lima Beans ½ cup Wheat Roll 1 each Diced Pineapple ½ cup Milk 1% 8oz</p>	<p>18 Bagel 2grain w/Pork Sausage 1oz, Egg 1oz & Cheese 1oz Roasted Sweet Potatoes ½ cup Applesauce ½ cup Milk 1% 8oz</p>	<p>19 Meatloaf w/Gravy 3oz Mashed Potatoes ½ cup Brussels sprouts ½ cup Mandarin Oranges ½ cup dinner roll 1 each Milk 1% 8oz</p>	<p>20 Beef Stew 2oz Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slices Diced Peaches ½ cup Milk 1% 8oz</p>	<p>21 Cottage Pie 3oz Mashed Potatoes ½ cup Italian Cut Green Beans ½ cup Wheat Roll 1 each Diced Peaches ½ cup Milk 1% 8oz</p>
<p>24 Chicken & Noodles 1 cup 2oz Rosemary Potatoes ½ cup Italian Cut Green Beans ½ cup Wheat Roll 1 each Milk 1% 8oz</p>	<p>25 Vegetarian Chili 1 cup California Veggies ½ cup Roasted Sweet Potatoes ½ cup Corn Bread 2 each Tropical Fruit ½ cup Milk 1% 8oz</p>	<p>26 Italian Bowtie 2oz Pasta w/Beef 1 grain Broccoli w/Red Peppers ½ cup Green Beans ½ cup Wheat bread 1 slice Applesauce ½ cup Milk 1% 8oz</p>	<p>27 Country Fried Steak w/Gravy 3 oz Spinach ½ cup Baked Potato ½ cup Dinner roll 1 each Tropical Fruit ½ cup Milk 1% 8 oz</p>	<p>28 Ginger BBQ Chicken 3oz Root Veggies ½ cup Collard Greens ½ cup Wheat Bread 2 slices Diced Pears ½ cup Milk 1% 8oz</p>
				<p>Cultural Meal Day</p> 

*Menus are subject to change based on product availability.