




# PRECISION NUTRITION



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cultural Meal Day</p> 			<p>1</p> <p>Ginger BBQ Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Wheat Bread 2 slice Diced Pears ½ cup Milk 1% 8oz</p>	<p>2</p> <p>Chicken and White Bean Chili 1 cup(2oz) Brussel Sprouts ½ cup Corn ½ cup Corn Bread 2 each Mixed Fruit ½ cup Milk 1% 8oz</p>
<p>5</p> <p>Oven Fried Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Orange Juice 4 oz Milk 1% 8oz</p>	<p>6</p> <p>Spaghetti/Meatballs 1 cup Parmesan Cheese Italian Cut Green ½ cup Beans California Veggies ½ cup Mixed Fruit ½ cup Milk 1% 8oz</p>	<p>7</p> <p>Butter Chicken 1 cup(2oz) Rice Pilaf ½ cup Broccoli ½ cup Tropical Fruit ½ cup Milk 1% 8oz</p>	<p>8</p> <p>BBQ Beef 3oz Green Beans ½ cup Scalloped Potatoes ½ cup WG Bun 1 each Diced Peaches ½ cup Milk 1% 8oz</p>	<p>9</p> <p>Sliced Turkey 3oz w/Gravy Maple Sweet Potatoes ½ cup Broccoli ½ cup Diced Pears ½ cup Milk 1% 8oz</p>
<p>12</p> <p>Grilled Hamburger 3oz Mac &amp; Cheese ½ cup Festive Green Beans ½ cup Diced Pears ½ cup WG Bun 1 each Milk 1% 8oz</p>	<p>13</p> <p>Cheesy Smothered Chopped Steak 3oz White Rice Pilaf ½ cup Peas ½ cup Wheat Bread 2 slice Mandarin Oranges ½ cup Milk 1% 8oz</p>	<p>14</p> <p>Turkey Ham &amp; Beans 1 cup Beets ½ cup Carrots ½ cup Corn Bread 2 each Mixed Fruit ½ cup Milk 1% 8oz</p>	<p>15</p> <p>Almond Crusted Fish 3oz California Veggies ½ cup Scalloped Potatoes ½ cup Mixed Fruit ½ cup Wheat Bread 1 slice Milk 1% 8oz</p>	<p>16</p> <p>Pot Roast w/Gravy 3oz Broccoli ½ cup Mashed Potatoes ½ cup Wheat Bread 2 slice Applesauce ½ cup Milk 1% 8oz</p>
<p>19</p> <p>Beef Kebab 2oz Fajita Vegetables ½ cup Rice Pilaf ½ cup Pear &amp; Cranberry Crisp 4oz Milk 1% 8oz</p> 	<p>20</p> <p>Bagel w/Pork 2oz Sausage, Egg &amp; Cheese Roasted Sweet Potatoes ½ cup Applesauce ½ cup Milk 1% 8oz</p>	<p>21</p> <p>Meatloaf w/Gravy 3oz Mashed Potatoes ½ cup Brussel Sprouts ½ cup Mandarin Oranges ½ cup Wheat bread 2 slice Milk 1% 8oz</p>	<p>22</p> <p>Beef Stew 1 cup(2oz) Corn ½ CUP Turnip Greens ½ CUP Wheat Bread 2 slice Diced Peaches ½ cup Milk 1% 8oz</p>	<p>23</p> <p>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</p>
<p>26</p> <p>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>27</p> <p>Chicken &amp; Noodles 1 cup Rosemary Potatoes ½ cup Italian Cut Green Beans ½ cup Wheat Roll 1 each Birthday Treat 1 each Milk 1% 8oz</p>	<p>28</p> <p>Italian Bowtie Pasta w/Beef 1 cup Broccoli w/Red Peppers ½ cup Green Beans ½ cup Applesauce ½ cup Milk 1% 8oz</p>	<p>29</p> <p>Country Fried Steak 3oz w/Gravy Spinach ½ cup Baked Potato ½ cup Wheat bread 1 slice Tropical Fruit ½ cup Milk 1% 8oz</p>	<p>30</p> <p>Herb Crusted Hake 3 oz Roasted Potatoes ½ cup Broccoli ½ cup Wheat Bread 1 slice Tropical Fruit Cup ½ cup Milk 1% 8oz</p>

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