



Effective 10/01/2021 thru 09/30/2022

Sunday Menu

Option 1:

Baked Chicken

Whole Wheat bread

Peas and Mashed Potatoes with gravy

Orange or Pear

Milk or Low Fat/Fat Free Yogurt

Pat of Butter

Option 2:

Roast Beef

Whole Wheat bread

Peas and Mashed Potatoes with gravy

Orange or Pear

Milk or Low Fat/Fat Free Yogurt

Pat of Butter

PLEASE NOTE - Substitutions are not allowed per the meal guidelines set for the program.
You are welcome to purchase items not included. Thank you!



Effective 10/01/2021 thru 09/30/2022

Monday Menu

Option 1:

Baked Chicken
Whole Wheat bread
Green Beans or Carrots
Apple or Pear
Milk or Low Fat/Fat Free Yogurt
Pat of Butter

Option 2:

Homemade Meatloaf
Whole Wheat bread
Green Beans or Carrots
Apple or Pear
Milk or Low Fat/Fat Free Yogurt
Pat of Butter

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Effective 10/01/2021 thru 09/30/2022

Tuesday Menu

Option 1:

Baked Chicken
Whole Wheat bread
Sweet Potato or Spinach
Banana or Apple
Milk or Low Fat/Fat Free Yogurt
Pat of Butter

Option 2:

Pulled Pork
Whole Wheat Hamburger Bun or Roll
Sweet Potato or Spinach
Banana or Apple
Milk or Low Fat/Fat Free Yogurt
Pat of Butter

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Wednesday Menu

Option 1:

Hot Roast Beef

Whole Wheat bread

Mashed Potatoes with gravy and Mixed Vegetables

Orange or Banana

Milk or Low Fat/Fat Free Yogurt

Pat of Butter

Option 2:

Baked Chicken Patty Sandwich

Whole Wheat Hamburger Bun

Mashed Potatoes with gravy and Mixed Vegetables

Orange or Banana

Milk or Low Fat/Fat Free Yogurt

Pat of Butter

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Thursday Menu

Option 1:

Baked Chicken
Whole Wheat bread
Corn or Black Beans
Pear or Apple
Milk or Low Fat/Fat Free Yogurt
Pat of Butter

Option 2:

Chicken or Beef Soft Taco
Whole Wheat Tortilla
Corn or Black Beans
Pear or Apple
Milk or Low Fat/Fat Free Yogurt
Pat of Butter

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Effective 10-01-2021 thru 09-30-2021

Friday Menu

Option 1:

Baked Chicken
Whole Wheat bread
Beets or Steamed Cauliflower
Orange or Banana
Milk or Low Fat Cottage Cheese
Pat of Butter

Option 2:

Baked Fish
Whole Wheat bread
Beets or Steamed Cauliflower
Orange or Banana
Milk or Low Fat Cottage Cheese
Pat of Butter

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Effective 10/01/2021 thru 09/30/2022

Saturday Menu

Option 1:

Baked Chicken
Whole Wheat bread
Steamed Broccoli
Mashed Potatoes with gravy
Apple or Banana
Milk or Low Fat/Fat Free Yogurt
Pat of butter

Option 2:

Pulled Pork
Whole Wheat Hamburger bun or Roll
Steamed Broccoli
Mashed Potatoes with gravy
Apple or Banana
Milk or Low Fat/Fat Free Yogurt
Pat of butter

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