

GF – Gluten Free DF – Dairy Free V – Vegetarian E – Egg

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
		Hamburgers with fixins' (DF,V) Bell Pepper Strips(GF,DF,V) Veggie Chips(GF,DF,V) Fresh Fruit(GF,DF,V)	Roasted Turkey GF DF Mashed Cauliflower Potatoes(V) Broccoli(GF,DF,V) Fresh Fruit(GF,DF,V)	Pulled Pork Sliders(DF) Sweet Potato Tots(GF,DF,V) Coleslaw(GF,DF,V) Fresh Fruit(GF,DF,V)
23	24	25	26	27
Roasted Pork Loin(DF,GF) Mashed Potatoes(GF,V) Peas & Carrots(GF,V) Fresh Fruit(GF,DF,V)	Beef Soft Tacos(DF) Refried Beans(GF,DF,V) Zucchini & Squash(GF,DF,V) Fresh Fruit(GF,DF,V)	Spaghetti & Meatballs(E) Roasted Broccoli(GF,DF,V) Fruit Fruit(GF,DF,V)	Teriyaki Chicken(DF) Veggie Egg Roll(DF,E) Edamame(GF,DF,V) Fresh Fruit(GF,DF,V)	Pizza Mixed Veggies(GF,V) Fresh Fruit(GF,DF,V)
30	31			
Baked Chicken(GF,DF) Rice Pilaf(GF,DF,V) Sliced Carrots(GF,V) Fresh Fruit(GF,DF,V)	Beef Quesadillas(DF) Spanish Style Brown Rice (GF,DF,V) Cucumber Salad GF,DF,V) Fresh Fruit(GF,DF,V)		**Vegetarian/Vegan available	