

2019

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Week A	01 Chicken Parmesan with Spaghetti Pasta Buttered Brussel Sprouts Banana	02 Hamburger Steak with Gravy Seasoned Northern Beans Collard Greens Melon Cup	03 Chicken Melt Sandwich on Whole Wheat Bun Whipped Sweet Potatoes Buttered Cauliflower Applesauce	04 Baked Pasta with Meat Sauce Fresh Steamed Okra Melon Cup	05 Roast Turkey With Mushroom Sauce Black-eyed Peas Seasoned Mixed Vegetables Mandarin Oranges	06
07 Week B	08 Hamburger Steak with Gravy Mashed Potatoes Seasoned Collard Greens Banana	09 Five Herb and Honey Roasted Chicken Breast Candied Sweet Potatoes Seasoned Lima Beans Pineapple Tidbits	10 Italian Ziti with Meat Sauce Creamed Spinach Fresh Strawberries	11 Herb Baked Chicken with Gravy Paprika Potatoes Harvard Beets Fresh Orange	12 Sloppy Joe on Whole Wheat Bun Herb Buttered Green Peas Seasoned Carrots Melon Cup	13
14 Week C	15 Sliced Turkey with Gravy Steamed Cauliflower Fresh Zucchini Banana	16 Salisbury Steak with Mushroom Gravy Seasoned Pinto Beans Steamed Broccoli Melon Cup	17 Chicken Tenders with BBQ Sauce Sweet Potato Casserole Sautéed Spinach Mandarin Oranges	18 Cheesy Beef Macaroni Stewed Tomatoes Green Beans Fresh Strawberries	19 Shelf Stable for Spring Holiday	20
21 Week D	22 Fish Filet with Lemon Butter Sauce Northern Beans Winter Vegetable Mix Banana	23 BBQ Chicken Breast Garlic Mashed Potatoes Seasoned Turnip Greens Pineapple Tidbits	24 Swiss Burger on Whole Wheat Bun Buttered Yellow Squash Green Peas Melon Cup	25 Herbed Chicken Thigh Scalloped Potatoes Stewed Okra and Tomatoes Applesauce	26 Meatloaf Whipped Sweet Potatoes Zucchini with Bell Peppers Melon Cup	27
28 Week A	29 Chicken Parmesan with Spaghetti Pasta Buttered Brussel Sprouts Banana	30 Hamburger Steak with Gravy Seasoned Northern Beans Collard Greens Melon Cup	01 ALL MEALS SERVED WITH WHOLE GRAIN BREAD OR ROLL AND SKIM MILK UNLESS OTHERWISE NOTED. 	02	03 	04


2019

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	01	02	03	04
Week A	ALL MEALS SERVED WITH WHOLE GRAIN BREAD OR ROLL AND SKIM MILK UNLESS OTHERWISE NOTED.		Chicken Melt Sandwich on Whole Wheat Bun Whipped Sweet Potatoes Buttered Cauliflower Applesauce	Baked Pasta with Meat Sauce Fresh Steamed Okra Melon Cup	Roast Turkey With Mushroom Sauce Black-eyed Peas Seasoned Mixed Vegetables Mandarin Oranges	
						
05	06	07	08	09	10	11
Week B	Hamburger Steak with Gravy Mashed Potatoes Seasoned Collard Greens Banana	Five Herb and Honey Roasted Chicken Breast Candied Sweet Potatoes Seasoned Lima Beans Pineapple Tidbits	Italian Ziti with Meat Sauce Creamed Spinach Fresh Strawberries	Herb Baked Chicken with Gravy Paprika Potatoes Harvard Beets Fresh Orange	Sloppy Joe on Whole Wheat Bun Herb Buttered Green Peas Seasoned Carrots Melon Cup	
12	13	14	15	16	17	18
Week C	Sliced Turkey with Gravy Steamed Cauliflower Fresh Zucchini Banana	Salisbury Steak with Mushroom Gravy Seasoned Pinto Beans Steamed Broccoli Melon Cup	Chicken Tenders with BBQ Sauce Sweet Potato Casserole Sautéed Spinach Mandarin Oranges	Cheesy Beef Macaroni Stewed Tomatoes Green Beans Fresh Strawberries	Honey Mustard Chicken Steamed Yellow Squash Mustard Greens Fresh Orange	
19	20	21	22	23	24	25
Week D	Fish Filet with Lemon Butter Sauce Northern Beans Winter Vegetable Mix Banana	BBQ Chicken Breast Garlic Mashed Potatoes Seasoned Turnip Greens Pineapple Tidbits	Swiss Burger on Whole Wheat Bun Buttered Yellow Squash Green Peas Melon Cup	Herbed Chicken Thigh Scalloped Potatoes Stewed Okra and Tomatoes Applesauce	Meatloaf Whipped Sweet Potatoes Zucchini with Bell Peppers Melon Cup	
26	27	28	29	30	31	01
Week A	SHELF STABLE FOR HOLIDAY	Hamburger Steak with Gravy Seasoned Northern Beans Collard Greens Melon Cup	Chicken Melt Sandwich on Whole Wheat Bun Whipped Sweet Potatoes Buttered Cauliflower Applesauce	Baked Pasta with Meat Sauce Fresh Steamed Okra Melon Cup	Roast Turkey With Mushroom Sauce Black-eyed Peas Seasoned Mixed Vegetables Mandarin Oranges	

2019

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
02	03	04	05	06	07	08
Week B	Hamburger Steak with Gravy Mashed Potatoes Seasoned Collard Greens Banana	Five Herb and Honey Roasted Chicken Breast Candied Sweet Potatoes Seasoned Lima Beans Pineapple Tidbits	Italian Ziti with Meat Sauce Creamed Spinach Fresh Strawberries	Herb Baked Chicken with Gravy Paprika Potatoes Harvard Beets Fresh Orange	Sloppy Joe on Whole Wheat Bun Herb Buttered Green Peas Seasoned Carrots Melon Cup	
09	10	11	12	13	14	15
Week C	Sliced Turkey with Gravy Steamed Cauliflower Fresh Zucchini Banana	Salisbury Steak with Mushroom Gravy Seasoned Pinto Beans Steamed Broccoli Melon Cup	Chicken Tenders with BBQ Sauce Sweet Potato Casserole Sautéed Spinach Mandarin Oranges	Cheesy Beef Macaroni Stewed Tomatoes Green Beans Fresh Strawberries	Honey Mustard Chicken Steamed Yellow Squash Mustard Greens Fresh Orange	
16	17	18	19	20	21	22
Week D	Fish Filet with Lemon Butter Sauce Northern Beans Winter Vegetable Mix Banana	BBQ Chicken Breast Garlic Mashed Potatoes Seasoned Turnip Greens Pineapple Tidbits	Swiss Burger on Whole Wheat Bun Buttered Yellow Squash Green Peas Melon Cup	Herbed Chicken Thigh Scalloped Potatoes Stewed Okra and Tomatoes Applesauce	Meatloaf Whipped Sweet Potatoes Zucchini with Bell Peppers Melon Cup	
23	24	25	26	27	28	29
Week A	Chicken Parmesan with Spaghetti Pasta Buttered Brussel Sprouts Banana	Hamburger Steak with Gravy Seasoned Northern Beans Collard Greens Melon Cup	Chicken Melt Sandwich on Whole Wheat Bun Whipped Sweet Potatoes Buttered Cauliflower Applesauce	Baked Pasta with Meat Sauce Fresh Steamed Okra Melon Cup	Roast Turkey With Mushroom Sauce Black-eyed Peas Seasoned Mixed Vegetables Mandarin Oranges	
30	01	02	03	04	05	06
		<p>ALL MEALS SERVED WITH WHOLE GRAIN BREAD OR ROLL AND SKIM MILK UNLESS OTHERWISE NOTED.</p>				