

January 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST  (Week 4)		1 <sup>st</sup>  CLOSED	2 <sup>nd</sup> 8 oz. 1% Milk ½ c Apple Juice ¾ c WG Corn Flakes 1.25 oz. WG Bread	3 <sup>rd</sup> 8 oz. 1% Milk ½ c Pears in Juice 2.2 oz. Toaster Waffle 1 tsp Sugar Free Jelly	4 <sup>th</sup> 8 oz. 1% Milk 4 oz. 100% Fruit Juice 1 oz. WG Oats Cereal 1.25 oz. WG Bread 1 tsp Sugar Free Jelly
LUNCH			<b>Tortellini &amp; Turkey Kielbasa</b> 2 oz. Turkey Kielbasa 1 oz. Cheese ½ c Peppers & Onions ½ c Green Beans ½ c Tortellini pasta 1 oz. WG Roll 8 oz. 1% Milk	<b>Tuna Salad Sandwich</b> 2 oz. Tuna 2 oz. Celery ½ c Wedged Tomatoes ½ c. Lettuce Greens 1.25 oz. WG Bread 8 oz. 1% Milk	<b>Cheese Ravioli</b> 2 oz. Cheese; 4 oz. Pasta ½ c Tomato Sauce ½ c Green Beans w/ Roasted Peppers 1 oz. WG Roll 1 tsp Margarine 8 oz. 1% Milk
BREAKFAST  (Week 1)	7 <sup>th</sup> 8 oz. 1% Milk 4 oz. Orange Juice ½ c Oatmeal 1.25 oz. WG Bread 1 tsp Margarine	8 <sup>th</sup> 8 oz. 1% Milk ½ c Fruit Cup 1 oz. English Muffin 1 tsp Sugar Free Jelly	9 <sup>th</sup> 8 oz. 1% Milk 4 oz. Apple Juice ¾ c WG Corn Flakes 1.25 oz. WG Bread	10 <sup>th</sup> 8 oz. 1% Milk ½ c Pears in Juice 2.2 oz. Corn Muffin	11 <sup>th</sup> 8 oz. 1% Milk 4 oz. 100% Fruit Juice 1 oz. WG Oats Cereal 1.25 oz. WG Bread
LUNCH	<b>Hot Dog &amp; Kraut</b> 3 oz. All Beef Hot Dog ¼ c Cup Cinnamon Apples ¼ c Cup Sauerkraut ¼ c Sliced Carrots 1.8 oz. Hot Dog Roll 1 pk. Must & Relish 8 oz. 1% Milk	<b>Stir Fry Chicken</b> 2 oz. Chicken ½ c Stir Fry Vegetables ½ c Pineapple ½ c Brown Rice 1 oz. WG Roll 1 tsp Margarine 8 oz. 1% Milk	<b>Pasta &amp; Meatballs</b> 3 oz. Italian Meatballs ½ c Tomato Marinara ½ c Broccoli ½ c Penne Pasta ¼ oz. Parmesan Cheese 1 oz. WG Bread 8 oz. 1% Milk	<b>Stuffed Pepper</b> 2 oz. Ground Beef ½ c Pepper, Onion & Corn ½ c Stewed Tomato ½ c Brown Rice 1 oz. Biscuit ¼ oz. Mozzarella Cheese 8 oz. 1% Milk	<b>Chicken Pasta &amp; Beans</b> 2 oz. Chicken ½ c Beans & Tomatoes ½ c Mixed Vegetables ½ c Pasta 1 oz. WG Roll 8 oz. 1% Milk
BREAKFAST  (Week 2)	14 <sup>th</sup> 8 oz. 1% Milk ½ c Orange Juice ½ c Oatmeal 1.25 WG Bread 1 tsp Sugar Free Jelly	15 <sup>th</sup> 8 oz. 1% Milk ½ c Fruit Cup 1 oz. English Muffin 1 tsp Margarine	16 <sup>th</sup> 8 oz. 1% Milk 4 oz. Apple Juice ¾ c WG Corn Flakes 1.25 oz. WG Bread	17 <sup>th</sup> 8 oz. 1% Milk ½ c Pears in Juice 2.2 oz. Toaster Waffle 1 tsp Sugar Free Jelly	18 <sup>th</sup> 8 oz. 1% Milk 4 oz. 100% Fruit Juice 1 oz. WG Oats Cereal 1.25 oz. WG Bread 1 tsp Margarine
LUNCH	<b>Bratwurst</b> 3 oz. Bratwurst ½ c Corn & Peppers ½ c Baked Sliced Apples 1.8 oz. Hot Dog Roll 1 tsp Mustard Package 8 oz. 1% Milk	<b>Chicken Minestrone Soup</b> 2 oz. Chicken ½ c Celery, Onions, Mushrooms & Beans ½ c Fruit Cup ½ c Ditalini Pasta 1 oz. WG Roll 8 oz. 1% Milk	<b>Tortellini Bolognese</b> 2 oz. Beef, 1 oz. Cheese 1 oz. Tomato Sauce ½ c Broccoli with Garlic ½ c Peas & Carrots ½ c Pasta Tortellini 1 oz. WG Bread 8 oz. 1% Milk	<b>Baked Cod Cake</b> 2 oz. Cod 1.25 WG Stuffing ½ c Glazed Carrots 4 oz. 100% Fruit Juice ½ c Brown Rice 1.25 oz. WG Roll 1 tsp. Tartar Sauce 8 oz. 1% Milk	<b>Meatball Sub</b> 2 oz. Meat 1 oz. Tomato Sauce 1 c Italian Vegetables ½ c. Fruit Cup 1.8 oz. WG Roll ¼ oz. Mozzarella Sprinkle 8 oz. 1% Milk
BREAKFAST  (Week 3)	21 <sup>st</sup> 8 oz. 1% Milk 4 oz. 100% Orange Juice ½ c Oatmeal 1.25 oz. WG Bread 1 tsp Margarine	22 <sup>nd</sup> 8 oz. 1% Milk ½ c Fruit Cup 1 oz. English Muffin 1 tsp Sugar Free Jelly	23 <sup>rd</sup> 8 oz. 1% Milk 4 oz. Apple Juice ¾ c Corn Flakes 1.25 oz. Whole Wheat Bread	24 <sup>th</sup> 8 oz. 1% Milk ½ C Pears in Juice 2.2 oz. Corn Muffin 1 oz. Margarine	25 <sup>th</sup> 8 oz. 1% Milk 4 oz. 100% Fruit Juice 1 oz. WG Oats Cereal 1.25 oz. WG Bread 1 tsp Sugar Free Jelly
LUNCH	<b>Swiss Style Hamburger</b> 3 oz. Ground Beef ½ c Fruit Cup ½ c Peppers, Onion & Mushroom ½ c. Pasta 1 oz. WG Roll 8 oz. 1% Milk	<b>Roast Turkey</b> 3 oz. Sliced Turkey ½ c Sliced Carrots ½ c Cinnamon Apples ½ c WG Stuffing 1 oz. WG Roll 8 oz. 1% Milk	<b>Baked Stuffed Shells</b> 2 oz. Ricotta Cheese ½ c Pasta ½ c Broccoli ½ c Marinara ½ c Shell Pasta 1.25 oz. WG Bread	<b>Swedish Meatballs</b> 2 oz. Beef, 1 oz. Milk, 1 oz. Sour Cream ½ c Onions, Mushrooms ½ c Carrots ½ c Ditalini Pasta 1 oz. Biscuit 8 oz. 1% Milk	<b>Chicken Salad</b> 2 oz. Chicken ½ c Tomato Sauce ½ c Three Bean Salad ½ c. Fruit Cup 1 oz. WG Roll
BREAKFAST  (Week 4)	28 <sup>th</sup> 8 oz. 1% Milk 4 oz. Orange Juice ½ c Oatmeal 1.25 oz. Whole Wheat Bread 1 oz. Margarine	29 <sup>th</sup> 8 oz. 1% Milk ½ c Fruit Cup 1 oz. English Muffin 1 tsp Sugar Free Jelly	30 <sup>th</sup> 8 oz. 1% Milk ½ c Apple Juice ¾ c WG Corn Flakes 1.25 oz. WG Bread	31 <sup>st</sup> 8 oz. 1% Milk ½ c Pears in Juice 2.2 oz. Toaster Waffle 1 tsp Sugar Free Jelly	
LUNCH	<b>BBQ Chicken Mac &amp; Cheese</b> 2 oz. Chicken, 1 oz. Cheese 1 c Mix Vegetable ½ c. Pears ½ c. Pasta 1 oz. WG Bread 8 oz. 1% Milk	<b>Meatloaf</b> 3 oz. Ground Beef 1 oz. Tomato Sauce; 1 oz. Bread Crumbs ½ c Stewed Tomatoes ½ c Broccoli ½ c WG Bread 8 oz. 1% Milk	<b>Tortellini &amp; Turkey Kielbasa</b> 2 oz. Turkey Kielbasa 1 oz. Cheese ½ c Peppers & Onions ½ c Green Beans ½ c Tortellini pasta 1 oz. WG Roll 8 oz. 1% Milk	<b>Tuna Salad Sandwich</b> 2 oz. Tuna 2 oz. Celery ½ c Wedged Tomatoes ½ c. Lettuce Greens 1.25 oz. WG Bread 8 oz. 1% Milk	<b>BOCA RATON DELRAY BEACH LAKE WORTH PAHOKEE PALM BEACH GARDENS WEST PALM BEACH NORTH STUART</b>  THIS MENU IS SUBJECT TO CHANGE