



Monday

** All meals come with a choice of an Orange Juice w/ calcium or a 1% Milk.

ALL MENU ITEMS ARE SUBJECT TO CHANGE

4 A. Kung Pao Beef
B. Stir Fry Chicken w/ Vegetables

Asian Blend Veggies, Fresh Orange, Steamed Brown Rice, Egg Roll

Tuesday



For more information call
(210)-207-7172

5 A. Chicken Casserole
B. Mac & Cheese w/ Diced Turkey

Peas & Carrots, Spinach w/ Onion, WG Breadstick

Wednesday



6 A. Pulled Pork (P)
B. Hamburger w/ Mushroom & Onions (Mustard)

Oven Baked Fries, Capri Blend Veggies, Whole Wheat HB Bun

Thursday



7 A. Beef & Peppers
B. Grilled chicken Patty w/ Peppers

Banana, Green Bean Almandine, Yellow Squash, Whole Wheat Roll, WG Goldfish Crackers

Friday

1

A. Hamburger Steak w/ Gravy
B. Grilled Seasoned Fish

Malibu Blend Veggies, Fresh Cooked Red Cabbage, Cantaloupe, Whole Wheat Roll, WG Animal Crackers

8

A. Blackened Fish
B. Creole Meatloaf

Broccoli & Cauliflower, Mixed Fruit Cup, Whole Wheat Roll, WG Mac & Cheese

15A

Roast Beef & Cheese Hoagie (spinach, mustard)
B. Chicken Pasta Salad w/ Whole Wheat Crackers

Baby Carrots, Grape Tomatoes, Fresh Fruit, Red. Fat. Italian Dressing

22

A. Grilled Fish w/ Salsa
B. Chicken Fajitas w/ Veggies

Black Beans, Mandarin Orange Cup, Whole Wheat Tortilla, Spanish Brown Rice



14

A. Pineapple & Mango Chicken
B. Italian Beef Patty

Fresh Butternut Squash, Sliced Zucchini, Fresh Fruit, Whole Wheat Roll, WG Animal Crackers

21

A. Roast Beef w/ Gravy
B. Rosemary Chicken

Malibu Blend Veggies, Orange, WG Mac & Cheese, Whole Wheat Roll

28

A. Shepard's Pie
B. Sliced Turkey w/ Gravy

Banana, Green Bean Almandine, Cauliflower, Whole Wheat Roll, WG Animal Crackers

13

A. Penne Pasta w/ Beef Meat Sauce
B. Chicken Alfredo

Cut Broccoli, Italian Blend Veggies, WG Breadstick

20

A. Beef Stir Fry
B. Sweet & Sour Chicken

Asian Blend Veggies, Cantaloupe, Fortune Cookie, Steamed Brown Rice

27

A. Carne Guisada
B. Pork Carnitas (P)

Refried Beans, Pear Cup, Whole Wheat Tortilla, Spanish Brown Rice, Picante Sauce

12

A. Chicken Ranchero
B. Beef Taco Meat (lettuce, diced tomato)

Refried Beans, Pear Cup, Whole Wheat Tortilla, Spanish Brown Rice, Picante Sauce

19

A. Fish Sandwich on Whole Wheat HB Bun (Tartar Sauce)
B. Chili Cheese Hot Dog on WG HD Bun

Sweet Potato Tots, Carpi Blend Veggies, Banana, Ketchup

26

A. Chicken Spinach Salad (cucumbers, carrots, tomatoes, cheese, croutons) w/ Whole Wheat Crackers
B. Tuna Hoagie (Sliced Cucumbers, Diced Mango, Spinach)

FF Ranch Dressing

18

A. Swedish Meatball
B. Chicken Patty w/ Orange Sauce

Chopped Greens, Corn, Peach Cup, WG Buttered Egg Noodles, WG Goldfish Crackers

25

A. Salisbury Steak w/ Gravy
B. King Ranch Chicken

Red Potatoes w/ Dill, Steamed Carrots, Tropical Fruit Cup, Whole Wheat Roll, Graham Crackers