

Regional Menu 2018 - WEEK 1

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>	Fresh Fruit Bowl Oatmeal Sunny Side Up Egg Tomato Slices Iceberg Salad Whole Wheat English Muffin 2% Milk Coffee or Tea	Blueberries Cream of Wheat Pancake Breakfast Sausage Link Pancake Syrup 2% Milk Coffee or Tea	Fresh Fruit Bowl Oatmeal Scrambled Eggs Buttered WW Toast 2% Milk Coffee or Tea	Cream of Wheat French Toast LoCal Fat Free Yogurt Pancake Syrup Mixed Berries 2% Milk Coffee or Tea	Fresh Fruit Bowl Oatmeal Western Omelette Buttered WW Toast 2% Milk Coffee or Tea	Fresh Fruit Bowl Oatmeal Marble Cheddar Cheese Bran Muffin 2% Milk Coffee or Tea	Fresh Fruit Bowl Cream of Wheat LoCal Fat Free Yogurt Raisin Toast Peanut Butter 2% Milk Coffee or Tea
<b>LUNCH</b>	Garden Tomato Soup Shepherd's Pie LS Beef Gravy Broccoli Coleslaw Wheat Roll LoCal Fat Free Yogurt 2% Milk Coffee or Tea ----- Chicken Frank Tossed Salad Tomato Slices Wheat Hot Dog bun Fresh Grapes	Cream of Potato Leek Soup Pulled Beef Barbecue Sauce Broccoli Florets Naan Bread Chilled Diced Peaches 2% Milk Coffee or Tea ----- Ham & Swiss Sndw on Croissant LS Beef Gravy Carrot Raisin Salad 2 Bite Raspberry Tart	Vegetable Soup Grilled Chicken Breast LoCal Caesar Salad Cucumber Slices Whole Wheat Pita Bread Coconut Cream Pie 2% Milk Coffee or Tea ----- Cottage Cheese Fresh Fruit Salad Plate ROP LS Turkey Gravy - Bran Muffin Orange Gelatin	Chicken Noodle Soup Cheese Pizza Mushroom Sauce Seven Grain Salad Fruit Cup 2% Milk Coffee or Tea ----- Egg Salad Sandwich on Brown Bread Tomato Slices Mixed Green Salad Cucumber Slices Butterscotch Pudding	Minestrone Soup Beef Burger Patty Ckd LS Beef Gravy - Tuscany Bean Salad Wheat Hamburger Bun Strawberry Orange Gelatin 2% Milk Coffee or Tea ----- Tuna Salad Sandwich on Brown Bread Tomato and Cucumber Salad - Mango	Tomato Vegetable Soup Macaroni & Cheese Sugar Snap Peas Deluxe Fruit Salad 2% Milk Coffee or Tea ----- Ham Salad Sandwich on WW Pork Gravy - Carrot Raisin Salad Tapioca Pudding	Hearty Beef Barley Soup Turkey Sandwich on Brown Bread Potato Salad Artisan Lettuce Salad Cream Puff 2% Milk Coffee or Tea ----- Spinach & Cheese Cannelloni Marinara Sauce Buttered Brussels Sprouts - Fresh Watermelon
<b>DINNER</b>	Sweet & Sour Chicken LS Turkey Gravy Basmati Rice Thai Stir Fry Vegetables Fruit Salad 2% Milk Coffee or Tea ----- Cheese Tortellini w/ Basil Sauce Seasoned Spinach Whole Wheat Roll Strawberry Orange Gelatin	Breaded Pork Cutlet Mashed Sweet Potatoes Sliced Carrots Chocolate Ice Cream Cup 2% Milk Coffee or Tea ----- Three Cheese Omelete Mushroom Sauce Parisienne Potatoes Sunrise Vegetables Whole Wheat Bread Chilled Apple Slices	Spaghetti & Meat Sauce California Vegetables Garlic Bread Vanilla Pudding 2% Milk Coffee or Tea ----- Pork Drummies Honey Garlic Sauce Pork Gravy Potatoes Au Gratin Broccoli Florets Whole Wheat Bread Chilled Diced Pears	Sliced Turkey Breast LS Turkey Gravy Tator Tots Bistro Vegetables Wheat Roll Carrot Cake 2% Milk Coffee or Tea ----- Baked Pork Sausage LS Mashed Potatoes Turnips & Carrots Mash Pineapple Tidbits	Herbed Fish Tartar Sauce White Rice Creamy Coleslaw Whole Wheat Bread Honeydew Chunks 2% Milk Coffee or Tea ----- Chicken Kiev LS Turkey Gravy Parisienne Potatoes Sunrise Vegetables Date Square	Roasted Chicken Thigh Rotisserie Sauce LS Mashed Potatoes California Vegetables Strawberry Rhubarb Crisp 2% Milk Coffee or Tea ----- Pork Ribs Barbecue Sauce Tator Tots Steamed Asparagus Wheat Roll Dcd.Cantaloupe Chunks	LS Braised Pork Cutlet Pork Gravy Basmati Rice Prince Edward Vegetables Whole Wheat Roll Blueberry Brown Sugar Flax Cookie 2% Milk Coffee or Tea ----- English-Style Fish Tartar Sauce French Fries Creamy Coleslaw Apricot Halves

Regional Menu 2018 - WEEK 2

Regular/Regular

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BREAKFAST	Fresh Fruit Bowl Oatmeal Cheese Omelette Tomato Slices Buttered WW Toast 2% Milk Coffee or Tea	Blueberries Cream of Wheat Honey Greek Yogurt Parfait Pancake Pancake Syrup 2% Milk Coffee or Tea	Fresh Fruit Bowl Oatmeal LoCal Fat Free Yogurt Buttered Raisin Toast Peanut Butter 2% Milk Coffee or Tea	Fresh Fruit Bowl Cream of Wheat Hard Boiled Egg Marble Rye Bread 2% Milk Coffee or Tea	Fresh Fruit Bowl Oatmeal Sunny Side Up Egg Whole Wheat English Muffin Tomato Slices 2% Milk Coffee or Tea	Fresh Fruit Bowl Cream of Wheat Vanilla Bean Cottage Cheese Cranberry Muffin 2% Milk Coffee or Tea	Fresh Fruit Bowl Oatmeal LoCal Fat Free Yogurt Strawberry Cream Crepe 2% Milk Coffee or Tea		
	LUNCH	Cream of Carrot Soup Chicken Dippers Plum Sauce Sweet Potato French Fries Iceberg Salad Cucumber Slices Fruit Cocktail 2% Milk Coffee or Tea ----- TLC s/w LS Turkey Gravy 7 Bean Salad Chocolate Chip Cookie	Hearty Beef Barley Soup ROP Salmon Patty Tartar Sauce Creamy Coleslaw Cucumber Slices Wheat Hamburger Bun Orange Sherbet 2% Milk Coffee or Tea ----- Italian Meatballs Marinara Sauce Rotini Pasta Spinach Salad Chilled Tropical Fruit	Tomato & Rice Soup Chicken Salad Potato Salad Mixed Green Salad Tomato Slices Strawberry Shortcake 2% Milk Coffee or Tea ----- Fried Egg Patty Cheese LS Turkey Gravy Green Peas Tomato Slices Iceberg Salad Whole Wheat English Muffin Crushed Pineapple	Vegetable Soup Grilled Cheese on Brown Bread Mixed Green Salad Iced Chocolate Cake 2% Milk Coffee or Tea ----- Beef Tortiere LS Beef Gravy Steamed Baby Carrots Peach Applesauce	Tomato Lentil Soup Bean & Cheese Burrito Tossed Salad & Italian Dressing Sour Cream Fat Free Lime Greek Yogurt 2% Milk Coffee or Tea ----- B L T on Wheat LS Turkey Gravy Beet & Onion Salad Raspberry Gelatin	Squash Soup Vegetable Chili Seasoned Spinach Oatmeal Cookie 2% Milk Coffee or Tea ----- Butter Chicken LS Turkey Gravy Basmati Rice Romaine & Onion Salad Honeydew Chunks	Cream of Mushroom Soup Egg Salad Sandwich on Brown Bread LoCal Caesar Salad Mandarin Oranges 2% Milk Coffee or Tea ----- BBQ Pork Ribs Barbecue Sauce Tomato and Cucumber Salad Wheat Hot Dog bun Banana Cream Pie Slice	
		DINNER	Cheese Tortellini w/Marinara Zucchini Medley Soft Garlic Stick Raspberry Gelatin 2% Milk Coffee or Tea ----- Turkey Pot Pie LS Turkey Gravy Winter Vegetables Whole Wheat Roll Hot Spiced Apples	Sweet & Sour Pork Green Beans Whole Wheat Bread Banana 2% Milk Coffee or Tea ----- Three Cheese Omelete Mushroom Sauce Rice Pilaf Grilled Vegetables Soft Garlic Stick Pineapple Upside Down Cake	Oriental Beef Basmati Rice Sliced Carrots Wheat Roll Fresh Grapes 2% Milk Coffee or Tea ----- Vegetable Samosa Mushroom Sauce Sunrise Vegetables Chickpea Salad Black Forest Cake	Pork Kabob Skewer Basmati Rice Montego Vegetables Blueberry Turnover Cookie 2% Milk Coffee or Tea ----- Asian Glazed Salmon Pork Gravy Mashed Sweet Potatoes Green Beans Wheat Roll Tzatziki Sauce Whipped Cream Topping Mixed Berries	English-Style Fish Rice Pilaf Oriental Vegetables Whole Wheat Roll Tartar Sauce Blueberry Crisp LoCal 2% Milk Coffee or Tea ----- Macaroni & Beef LS Beef Gravy LoCal Caesar Salad Tropical Applesauce	Beef Wellington LS Beef Gravy Baked Potato Butternut Squash Sour Cream Strawberry Shortcake 2% Milk Coffee or Tea ----- Pasta & Chicken Primavera Broccoli Florets Wheat Roll Mango	Sliced Turkey Breast LS Turkey Gravy Mashed Potatoes Green Peas Apple Crisp 2% Milk Coffee or Tea ----- Shepherd's Pie Beef Gravy Buttered Corn Wheat Roll Dcd.Fresh Watermelon

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<b>BREAKFAST</b>	Fresh Fruit Bowl Cream of Wheat LS Scrambled Egg Tomato Slices Buttered WW Toast 2% Milk Coffee or Tea	Fresh Fruit Bowl Oatmeal LoCal Fat Free Yogurt Buttered WW Toast Peanut Butter 2% Milk Coffee or Tea	Fresh Fruit Bowl Cream of Wheat Hard Boiled Egg Buttered WW Toast 2% Milk Coffee or Tea	Fresh Fruit Bowl Oatmeal LoCal Fat Free Yogurt French Toast Pancake Syrup 2% Milk Coffee or Tea	Fresh Fruit Bowl Cheese Omelette Cream of Wheat Buttered WW Toast 2% Milk Coffee or Tea	Fresh Fruit Bowl Oatmeal Fat Free Vanilla Greek Yogurt Cranberry Muffin 2% Milk Coffee or Tea	Fresh Fruit Bowl Cream of Wheat Vanilla Bean Cottage Cheese Raisin Toast 2% Milk Coffee or Tea
<b>LUNCH</b>	Red Curry Thai Soup Pulled Pork Salad Romaine & Onion Wheat Hamburger Bun Angel Food Cake Raspberry Dessert Sauce 2% Milk Coffee or Tea ----- Steak & Mushroom Pot Pie LS Beef Gravy Buttered Brussels Sprouts Pineapple Tidbits LoCal	Cream of Broccoli Soup Beef Stew Butternut Squash Strawberry Applesauce 2% Milk Coffee or Tea ----- Ham Salad LS Beef Gravy Wheat Hamburger Bun Tossed Salad Chocolate Chip Cookie	Hearty Beef Barley Soup Chicken Breast Macaroni Salad Tossed Salad Blueberry Crisp LoCal 2% Milk Coffee or Tea ----- Beef Burger Patty Ckd LS Beef Gravy French Fries Cucumber Salad Wheat Hamburger Bun Fruit Cocktail	Chicken Noodle Soup Cheese Pizza Sunrise Vegetables Fresh Grapes 2% Milk Coffee or Tea ----- Light Cheddar Cheese Vegetable Chili Mushroom Sauce Mixed Green Salad Buttered Corn Vanilla Pudding	Cream of Cauliflower Soup Deli Sliced Turkey RTS Mashed Potato Salad Tomato and Cucumber Salad Whole Wheat Roll Fresh Banana 2% Milk Coffee or Tea ----- Tuna Salad Sandwich on Brown Bread LS Turkey Gravy Broccoli Coleslaw Chocolate Pudding	Cream of Carrot Soup Chicken Burger on WW Bun Tossed Salad Strawberry Applesauce 2% Milk Coffee or Tea ----- Beef Patty Ckd Frz Jamaican Mild LS Beef Gravy Carrot Raisin Salad Raspberry Gelatin	Minestrone Soup Breaded Fish Square Dixie Coleslaw Wheat Hamburger Bun Tartar Sauce Mandarin Oranges 2% Milk Coffee or Tea ----- Sliced Turkey on Wheat LS Turkey Gravy Beet & Onion Salad Assorted Danish
<b>DINNER</b>	Chicken Cacciatore Broccoli Florets Chocolate Pudding 2% Milk Coffee or Tea ----- Grilled Tilapia Mushroom Sauce LS Mashed Potatoes Wax Beans Whole Wheat Bread Banana	Three Cheese Lasagna Prince Edward Vegetables Whole Wheat Bread Vanilla Ice Cream Cup 2% Milk Coffee or Tea ----- Breaded Chicken Breast Sweet and Sour Sauce LS Turkey Gravy Basmati Rice Oriental Vegetables Strawberries	Herbed Fish Vegetable Couscous Coleslaw Dcd.Cantaloupe Chunks 2% Milk Coffee or Tea ----- Turkey Schnitzel LS Turkey Gravy Potato Coins San Francisco Vegetables Montego Vegetables Wheat Roll Cranberry Sauce English Toffee Cake	Beef Sliced Ckd LS Beef Gravy LS Mashed Potatoes Whole Mixed Beans Whole Wheat Bread RaspberryStreusal Cake 2% Milk Coffee or Tea ----- Chicken Broccoli Pasta Peas & Carrots Soft Garlic Stick Fresh Watermelon	Spaghetti & Meat Sauce California Vegetables Garlic Bread Banana Loaf 2% Milk Coffee or Tea ----- Chicken Souvlaki LS Turkey Gravy Basmati Rice Greek Salad ROP Whole Wheat Pita Bread Tzatziki Sauce Chilled Diced Pears	Apple Braised Pork Barbecue Sauce Scalloped Potato Casserole French Cut Green Beans Warm Spiced Sliced Apples LoCal 2% Milk Coffee or Tea ----- Beef Stuffed Green Pepper Mushroom Sauce Tuscany Bean Salad Seasoned Diced Turnips Whole Wheat Roll Ice Cream Sandwich	Pork Roast Pork Gravy Mashed Sweet Potatoes Peas & Carrots Lemon Cake 2% Milk Coffee or Tea ----- Meatloaf Mushroom Sauce Parisienne Potatoes Parsnips Frz Whole Wheat Bread Apricot Halves