


Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>INDIVIDUAL PIZZA ~~~ SHREDDED PORK AND CHEESE BURRITO ~~~~~ SLICED FRESH TOMATOES</p>	<p>3</p> <p>TURKEY GRAVY/MASHED POTATOES/GRAVY ~~~~~ MEATLOAF ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ GREEN BEANS</p>	<p>4</p> <p>WHOLE GRAIN PIZZA ~~~ CHICKEN ENCHILADA ~~~ CAESAR SALAD</p>	<p>5</p> <p>SALISBURY STEAK POTATOES AND BROWN GRAVY ~~~ CHICKEN STRIPS ~~~ BISCUIT AND HONEY ~~~ CORN</p>	<p>6</p> <p>AVAILABLE DAILY: SANDWICH YOGURT/SUNFLOWER SEEDS/BAGEL CREAM CHEESE FRUIT & VEGGIE BAR VARIETY OF MILK</p>
<p>9</p> <p>BEEF HOT DOG ON A WHOLE GRAIN BUN ~~~ SOFT TACO ~~~ BAKED BEANS</p>	<p>10</p> <p>HOMEMADE CHILI ~~~~~ CHEF SALAD WITH DORITO CHIPS ~~~~~ WG CINNAMON ROLL</p>	<p>11</p> <p>CONFERENCE INSERVICE DAY</p>	<p>12</p> <p>SPAGHETTI ~~~ MANDARIN CHICKEN OVER RICE ~~~ GARLIC TOAST ~~~ FRUIT SALAD</p>	<p>13</p> <p>WHOLE GRAIN PIZZA ~~~ TURKEY AND CHEESE PANINI WITH CHIPS ~~~ CAESAR SALAD</p>
<p>16</p> <p>WG TOASTED CHEESE SANDWICH ~~~ WHOLE GRAIN POPCORN CHICKEN & BREADTICK ~~~ TOMATO SOUP</p>	<p>17</p> <p>LASAGNA ~~~~~ CHICKEN ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ ROASTED ASPARAGUS</p>	<p>18</p> <p>WHOLE GRAIN PIZZA ~~~ BEAN & CHEESE BURRITO ~~~ CAESAR SALAD</p>	<p>19 National High 5 day</p> <p>TERIYAKI CHICKEN OVER WHOLE GRAIN RICE ~~~~~ HOUSEMADE SUPER NACHOS WITH GROUND BEEF ~~~~~ BROCCOLI WITH CHEESE</p>	<p>20 LIMA BEAN RESECT DAY TRY SOMETHING NEW</p> <p>Gigantes (Greek Lima Beans) INGREDIENTS</p> <p>1 (16 ounce) package dried lima beans 2 (16 ounce) cans chopped tomatoes with juice 1 cup olive oil 3 cloves garlic, chopped</p> <p>SEA SALT TO TASTE</p> <p>1 TSP CHOPPED FRESH BASIL</p>
<p>23</p> <p>HAWAIIAN PANINI SANDWICH ~~~ CHICKEN & CHEESE WALKING TACO WITH DORITOS  PEACHES</p>	<p>24</p> <p>CHICKEN ALFREDO ~~~ WG CORN DOG ~~~ WG FRESHMADE DINNER ROLL ~~~ CORN</p>	<p>25</p> <p>WHOLE GRAIN PIZZA ~~~ SLOPPY JOE ~~~~~ CAESAR SALAD</p>	<p>26</p> <p>SWEET & SOUR CHICKEN OVER WHOLE GRAIN RICE ~~~ BBQ PORK SLIDER SANDWICHES ~~~ STRAWBERRIES</p>	<p>LIMA BEANS DIRECTIONS</p> <p>*Place the lima beans in a large saucepan. Cover & allow to soak overnight. *Preheat oven to 375 degrees F *Cook beans over medium heat; bring to a boil; reduce heat to medium-low and simmer 20 minutes; drain. *Pour the beans into a 9 x 13 baking dish. Add the tomatoes, olive oil, garlic, salt, and dill; stir. *Bake for 1 1/2 to 2 hours, stirring occasionally add water if the mixture appears dry.</p>
<p>30</p> <p>POTATO WEDGE NACHOS ~~~ MAX STIX WITH MARINARA SAUCE ~~~~~ TORTILLA CHIPS AND LAYER DIP</p>	<p><u>MONDAY:</u> CHEESEBURGER</p> <p><u>TUESDAY:</u> BAKED POTATO WITH CHEESE</p> <p><u>WEDNESDAY:</u> CHICKEN SANDWICH</p> <p><u>THURSDAY:</u> ALL BEEF HOT DOG</p>		<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>	