

Modified Menu 2023



You may receive for MONDAYS:	You may receive for TUESDAYS:	You may receive for WEDNESDAYS:	You may receive for THURSDAYS:	You may receive for FRIDAYS:	You may receive for SATURDAYS:	You may receive for SUNDAYS:
Breakfast: Chuck's Cornbread ^V Chuck's Blueberry Pancakes ^V Savory Biscuit ^V French Toast ^V	Breakfast: Cereal Low Fat Milk Fruit	Breakfast: Cereal Low Fat Milk Fruit	Breakfast: Cereal Low Fat Milk Fruit	Breakfast: Vegetable Scramble ^V Zucchini Egg Bake ^V Vegetable Frittata ^V Southwest Omelet ^V	Breakfast: Cereal Low Fat Milk Fruit	Breakfast: Cereal Low Fat Milk Fruit
Soup/Salad ^V: Cuban Black Bean /Basil Macaroni Cannellini Bean & Barley /Bulgur Wheat & Lentils Caramelized Onion /Green Quinoa Curried Carrot/Farro Beet	Soup ^V: Split Pea Soup Curried Red Beet Coconut Curry Corn Gazpacho	Soup/Salad ^V: Puree of Mushroom Roasted Chickpea Salad with Kale Smoky Three Bean /Couscous Salad with Mint & Sumac Puree of Parsnip/Asian Brown Rice & Edamame Salad Pureed Spinach /Black Lentil Herb Salad	Soup ^V: Turmeric Lemongrass Puree of Summer Squash Butternut Squash Puree Quinoa Vegetable	Soup ^V: Potato White Bean Lemony Lentil Curried Potato Smoky Eggplant	Soup ^V: Celery & Roasted Garlic Potato Broccoli Vegetable Puree Black Bean & Hominy	Soup ^V: Creole Vegetable Yellow Pea Black Eyed Peas & Collard Greens Vegan Sancocho
Whole Grain Roll	Whole Grain Roll	Whole Grain Roll	Whole Grain Roll	Whole Grain Roll	Whole Grain Roll	Whole Grain Roll
Entrée: Filipino Beef Garlic Egg Rice Mixed Vegetables Southern Meatloaf Sweet Potato Mash Mixed Vegetables Coriander Beef Stew Yellow Rice Mixed Vegetables Beef Sliders with Honey Onion Glaze Basil Mash Mixed Vegetables	Entrée: Roasted Fish with Pesto Spinach Rice Pilaf Mixed Vegetables Pollock Filet with Tarragon Mushroom Thyme Rice Mixed Vegetables Southeast Asian Pollock Roasted Garlic & Onion Mashed Potatoes Mixed Vegetables Northern Italian Pollock Pesto Shells Mixed Vegetables	Entrée: Seasonal Vegetable Stir Fry ^V White Rice Mixed Vegetables Beet & Spinach Stew ^V Onion Rice Mixed Vegetables Local Vegetable Stew ^V White Rice Mixed Vegetables Vegan Vegetable Casserole ^V Mixed Vegetables	Entrée: Baked Fish with Honey Mustard Sauce Sweet Potato Mash Mixed Vegetables Fish Meatballs and Macaroni Mixed Vegetables Garlic Honey Glazed Fish Scallion Edamame Rice Mixed Vegetables Fishcake with Root Veg Mash Mixed Vegetables	Entrée: Coconut Chicken Red Quinoa Rice Mixed Vegetables Roasted Chicken Thigh Vegetable Orzo Mixed Vegetables Creamy Chicken and Spinach Stew Yellow Rice Chicken with Okra Black-eyed Pea Rice Mixed Vegetables	Entrée: Stewed Pork with Pumpkin Smashed Potato Mixed Vegetables Asian Style Pork Meatballs Fried Rice Mixed Vegetables Pork in Mushroom Sauce Pasta w Pea Pesto Mixed Vegetables Vietnamese Pork Patty Coconut Rice Mixed Vegetables	Entrée: Garlic Glazed Chicken Patty White Rice Mixed Vegetables Apple Glazed Chicken Sausage Sage Mashed Potatoes Mixed Vegetables Baked Chicken Meatballs Egg Noodles Mixed Vegetables Chicken Sausage Pasta Bowl Mixed Vegetables
In-house Baked Cookie	Fruit Cup	Fruit Cup	Crumb Cake	Fruit Cup	Fruit Cup	Fruit Cup

^V = Vegetarian