

WEEK 1	MONDAY 5/13	TUESDAY 5/14	WEDNESDAY 5/15	THURSDAY 5/16	FRIDAY 5/17
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>Hard Boiled Egg Veggie Sausage Patty Oatmeal Pineapple Raisins Milk Low Fat, 1%</p>	<p>CENTER IS CLOSED FOR ALL STAFF CONFERENCE</p>	<p>Whole Wheat Cinnamon Pancakes Fiber One Cereal Cantaloupe Frozen Mixed Berries Milk, Low fat 1%</p>	<p>Eggs Benedict Oatmeal Grapes Pineapple Juice Milk, Low Fat 1%</p>	<p>Turkey Sausage Patty Raisin Brand Cereal Waffles Orange Milk, Low Fat 1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	<p>Swedish Meatballs with Beef and turkey Whole Wheat Bread Braised Collard Greens Capri Blend Vegetables Orange Milk Low Fat, 1%</p>	<p>CENTER IS CLOSED FOR ALL STAFF CONFERENCE</p>	<p>Moroccan Chickpea Stew with Chard Whole wheat Bread Escarole and Fennel Salad Grapes Milk, Low Fat, 1%</p>	<p>Baked Fish Oreganata Bowtie Pasta with Kasha Cucumber Dill Salad Pineapple Milk Low Fat, 1%</p>	<p>BBQ Pulled Pork Cuban Style Brown Rice Boiled Zucchini Banana Milk Low Fat, 1%</p>
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	<p>Creamy Cauliflower Soup Chicken Salad Whole Wheat Bread Tossed Salad Orange Milk Low Fat, 1%</p>	<p>CENTER IS CLOSED FOR ALL STAFF CONFERENCE</p>	<p>Vegetable Soup Whole Wheat Cheese Pizza Baby Spinach Salad Pear Milk Low Fat, 1%</p>	<p>Southwest Turkey meatloaf Roasted Vegetable Couscous Tangy Green Beans Apple Milk Low Fat, 1%</p>	<p>Cheese Ravioli with Tomato Sauce Whole Wheat Bread Cucumber Dill Salad Cantaloupe Milk Low Fat, 1%</p>



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WEEK 2	MONDAY 5/20	TUESDAY 5/21	WEDNESDAY 5/22	THURSDAY 5/23	FRIDAY 5/24
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	Scrambled Eggs with Swiss Fiber one Cereal Whole Wheat bread Grapes Apple Juice Milk, Low Fat, 1%	Turkey Sausage patty Cinnamon French Toast Orange Apple Juice Mile, low fat, 1%	Hard Boiled Egg Cheerios Whole Wheat Mini Bagel Apple Vegetables Juice Milk, Low Fat, 1%	Turkey Sausage Link Waffles Raisin Brand Cereal Banana Orange Juice Milk, low Fat, 1%	Egg a la Mexicana Home Fries Oatmeal Honeydew Pineapple Juice Milk, Low Fat,1%
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	Chili con Carne Whole Wheat Bread Beet Salad Orange Milk, Low Fat, 1%	Honey-Apricot Glazed Chicken Whole Wheat Bread Roasted Broccoli Roasted Butternut Squash Yuca with Onions Pineapple Milk, low fat, 1%	Turkey Bean Chili Whole Wheat Bread Tossed Salad With Dressing Grapes Milk, Low Fat, 1%	Lentil Stew with Carrots and Turnips Vegetarian Couscous with Peas and Lemon Kiwi Milk, Low Fat, 1%	Fish with Creole Sauce Bowtie Pasta Steamed Kale Pineapple Milk, Low Fat, 1%
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	Chicken with Peach Sauce Whole Wheat Bread Steamed Red or Green Cabbage Banana Milk, Low Fat, 1%	White Bean Soup Homemade Fish cake Whole Wheat Hamburger Bun Beet Salad Kiwi Milk, Low Fat, 1%	Macaroni and Amp Cheese Steamed Broccoli Pear Milk, Low Fat, 1%	Baked Chicken Whole Wheat Bread Baby Carrots with Parsley Sliced Canned peaches Milk, Low Fat, 1%	Vegetables Soup Egg Salad Tuna Fish Salad Whole Wheat Mini Bagel Tossed Salad Orange Milk, Low Fat, 1%



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WEEK 3	MONDAY 5/27	TUESDAY 5/28	WEDNESDAY 5/29	THURSDAY 5/30	FRIDAY 5/31
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>CENTER IS CLOSED FOR MEMORIAL DAY</p>	<p>Turkey Bacon Whole Wheat Cinnamon Pancakes Grits Pear Apple Juice Milk, Low fat, 1%</p>	<p>Eggs Benedict Maypo Orange Juice Pear Milk, Low fat 1%</p>	<p>Almonds Turkey Sausage Link Waffles Oatmeal Apple Juice Kiwi Milk, Low Fat, 1%</p>	<p>Potato Spinach Frittata Grits Whole Wheat Bread Banana Orange Pineapple Juice Milk, Low Fat 1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>		<p>Chicken Shawarma Whole Wheat Bread Baby Spinach Salad Roasted Vegetables Couscous Grapes Milk, low fat, 1%</p>	<p>Beef Meatballs with Sofrito Baked Macaroni and Cheese Escarole and Fennel Salad Orange Milk, Low Fat, 1%</p>	<p>Pumpkin Harvest Beef Stew Whole Wheat Bread Cucumber Dill Salad Tabbouleh w/Garbanzo Beans Kiwi Milk, Low Fat, 1%</p>	<p>Pork Stir Fry with Vegetables Rice Pilaf Asian Cabbage Pineapple Milk, Low Fat, 1%</p>
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>		<p>Hearty beef Vegetables Soup Baked Tilapia Bowtie Pasta Broccoli and Red Peppers Pineapple Milk, low fat, 1%</p>	<p>Baked Turkey Breast Classic Macaroni Salad Whole Wheat Hamburger Bun Garden Salad Cantaloupe Milk, Low Fat, 1%</p>	<p>Baked Chicken Breast Baked Onions Whole Wheat Bread Yellow Squash Orange Milk, Low Fat, 1%</p>	<p>Potato Salad Turkey Cheeseburgers on a Whole Wheat Hamburger Bun Lettuce and Tomato Salad Peach Milk, Low Fat, 1%</p>



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WEEK 4	MONDAY 6/3	TUESDAY 6/4	WEDNESDAY 6/5	THURSDAY 6/6	FRIDAY 6/7
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	Cinnamon French Toast Turkey Sausage Link Cheerios Pear Pineapple Juice Milk Low Fat, 1%	Sautéed Spinach Scrambled Eggs Fiber One Cereal Grapes Orange Pineapple Juice Milk, Low Fat, 1%	Grilled Cheese With Tomato Oatmeal Cantaloupe Vegetable Juice Milk, Low Fat, 1%	Pancakes Turkey Sausage Cheerios Peach Orange Juice Milk, Low Fat, 1%	Scrambled Eggs with Red Peppers and Onions Fiber one Cereal Whole Wheat Bread Orange Apple Juice Milk, Low Fat, 1%
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	Turkey Meat Sauce Yellow Rice Baby Carrots with Parsley Barley Chickpea Salad with Dried Fruits Apple Milk, Low Fat, 1%	Baked Fish with Black Bean Sauce Bulgur Salad Boiled Zucchini Pineapple Milk, Low Fat, 1%	Noodles with Turkey, Cabbage, Onions and Mushrooms Whole Wheat Bread Green Beans Sautee Orange Milk, Low Fat, 1%	Vegetables Lasagna Whole Wheat Bread Tossed Salad Cantaloupe Milk, Low Fat, 1%	Chicken Fricassee Brown Rice Stir Fry Kale and Broccoli Pear Milk, Low Fat, 1%
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	Vegetable Soup Deli roast Beef Whole Wheat Bread Baby Spinach Salad Mexican Corn Confetti Salad Cantaloupe Milk, Low Fat, 1%	Spanish Chicken with Potatoes and Garlic Whole Wheat Bread Boiled Southern Greens Banana Milk, Low Fat, 1%	Cheese Pierogi Whole Wheat Bread Prince Edward Blend Vegetables Steamed Peas and Carrots Pineapple Milk, Low Fat, 1%	Chinese Style Chicken Patty Whole Wheat Hamburger Bun Baked Beans Carrots orange Milk, Low Fat, 1%	Whole Wheat Cheese Pizza Pasta Salad Vegetable Mix Banana Milk, Low Fat, 1%



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WEEK 5	MONDAY 6/10	TUESDAY 6/11	WEDNESDAY 6/12	THURSDAY 6/13	FRIDAY 6/14
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>Sautéed Spinach Scrambled Eggs with Swiss Oatmeal Whole Wheat Bread Pear Orange Juice Milk, Low fat 1%</p>	<p>Turkey Sausage Waffles Maypo Orange Grape Juice Milk, low fat, 1%</p>	<p>Grilled Cheese Fiber One cereal Cantaloupe Tomato Milk, low fat,1%</p>	<p>Hard Boiled Egg Whole Wheat Cinnamon Pancakes Cheerios Pear Apple Juice Milk Low Fat,1%</p>	<p>Eggs benedict Home Fries Oatmeal Apple Orange Juice Milk, Low Fat,1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	<p>Turkey Chili with Sweet Potatoes and Corn Whole Wheat Bread Cole Slaw Apple Milk, Low Fat, 1%</p>	<p>Beef and Broccoli Lemon Rice Boiled Zucchini Cantaloupe Milk, Low Fat, 1%</p>	<p>Pasta Primavera Sweet and Sour Chicken Thighs Whole Wheat Dinner Roll Arugula Salad with Balsamic Vinegar Milk, Low Fat, 1%</p>	<p>Eggplant Parmesan Whole Wheat Bread Baby Carrots with Parsley Fruit Cocktail Milk, low fat, 1%</p>	<p>Baked Fish Oreganata Roasted vegetables Couscous Cabbage with Shredded carrots Pears Milk, low fat, 1%</p>
<p><u>Dinner</u> Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	<p>Baked Asian Style Honey Chicken Classic Macaroni Salad Baby Spinach Salad Pear Milk, Low fat, 1%</p>	<p>Split Pea Soup Egg Salad Or Tuna Salad Whole Wheat Bread Cole Slaw Banana Milk, Low fat, 1%</p>	<p>Beef and Broccoli Whole Wheat Bread Steamed Peas and Carrots Grapes Milk, Low Fat, 1%</p>	<p>Creamy Mushroom Soup Baked Turkey Breast Whole Wheat Bread Garden Salad Orange Milk, Low Fat, 1%</p>	<p>Vegetarian Lasagna Whole Wheat Bread Baby Spinach Pineapple Milk, Low Fat, 1%</p>



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WEEK 6	MONDAY 6/17	TUESDAY 6/18	WEDNESDAY 6/19	THURSDAY 6/20	FRIDAY 6/21
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	Scrambled Eggs Fiber One Cereal Whole Wheat Mini Bagel Orange Pineapple Juice Milk, Low Fat, 1%	Turkey Sausage Link Whole Wheat Cinnamon Pancakes Raisin Brand Cereal Cantaloupe Apple Juice Milk, Low Fat, 1%	Grilled Cheese Oatmeal Grapes Orange Juice Milk, Low Fat, 1%	Turkey Sausage Link Waffles Raisin Bran Cereal Honeydew Pineapple Juice Milk, Low Fat, 1%	Farmers Market Individual Omelets Cheesy Grits Home Fries Banana Vegetable Juice Milk, Low Fat, 1%
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	Beef Pot Roast Barley Cauliflower Curried Peas with Roasted Mushrooms Pineapple Milk, Low Fat, 1%	Chicken Jambalaya Whole Wheat Bread Broccoli and Red Peppers Wheat Berry Salad with Dried Fruits and Nuts Grapes Milk, Low Fat, 1 %	Mango Chutney Pork Roast Whole Wheat Bread Boiled Southern Greens Cheddar and Potato Bake Cantaloupe Milk, Low Fat, 1%	Turkey Meat Sauce Bowtie Pasta Mixed green Salad Orange Milk, Low fat, 1%	Dill Lemon Sause Homemade Fish Cake Whole Wheat bread Garden Salad Steamed Cauliflower Banana Milk, Low Fat, 1%
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	Vegetable Soup Meat Sauce Egg Noodles Steamed Peas and Carrots Apple Milk, Low Fat, 1%	Potato Salad with Egg Homemade Turkey Salad Whole Wheat Bread Tossed Salad Fruit Cocktail Milk, Low Fat, 1%	Lentil Soup Whole Wheat Pasta Primavera with Cheese Garden Salad Banana Milk, Low Fat, 1%	Deluxe Cheeseburger with Onions on a Whole Wheat Hamburger Bun Cucumber Salad Roasted Sweet Potato Fries Grapes Milk, Low Fat, 1%	Chili Lime Chicken Tortilla Wraps Baby Carrots with Parsley Lettuce And Tomato Salad Cantaloupe Milk, Low Fat, 1%



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