

<b>WEEK 2</b>	<b>MONDAY 7/01</b>	<b>TUESDAY 7/02</b>	<b>WEDNESDAY 7/03</b>	<b>THURSDAY 7/04</b>	<b>FRIDAY 7/05</b>
<p><b><u>Breakfast</u></b>  <b>Served 8:30am-10:00am</b>            -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%	<p style="text-align: center;"><b>INDEPENDENCE DAY CENTER CLOSED</b></p>	Egg a la Mexicana Home Fries Oatmeal Honeydew Pineapple Juice Milk, Low Fat, 1%
<p><b><u>Lunch</u></b>  <b>Served 12:00-1:00pm</b>            -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%	<p style="text-align: center;"><b>INDEPENDENCE DAY LUNCHEON</b></p> Cheeseburger Deluxe or Chicken Sandwich on Whole Wheat Hamburger Buns Oven Fries Tossed Salad With Dressing Cole Slaw Watermelon Milk, Low Fat, 1%	<p style="text-align: center;"><b>INDEPENDENCE DAY CENTER CLOSED</b></p>	Fish with Creole Sauce Bowtie Pasta Steamed Kale Pineapple Milk, Low Fat, 1%
<p><b><u>Dinner</u></b>  <b>Served 5:00pm-6:00pm</b>            -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%	<p style="text-align: center;"><b>INDEPENDENCE DAY CENTER CLOSED</b></p>	Vegetables Soup Egg Salad Tuna Fish Salad Whole Wheat Mini Bagel Tossed Salad Orange Milk, Low Fat, 1%



Menu is subject to change. Changes are posted day of with meal tickets.

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<b>WEEK 3</b>	<b>MONDAY 7/08</b>	<b>TUESDAY 7/09</b>	<b>WEDNESDAY 7/10</b>	<b>THURSDAY 7/11</b>	<b>FRIDAY 7/12</b>
<p><b><u>Breakfast</u></b>  <b>Served 8:30am-10:00am</b>            -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 Oatmeal Banana Raisins Pineapple Juice Milk, Low Fat 1%	Turkey Bacon Whole Wheat Cinnamon Pancakes Grits Pear Apple Juice Milk, Low fat, 1%	Eggs Benedict Maypo Orange Juice Pear Milk, Low fat 1%	Almonds Turkey Sausage Link Waffles Oatmeal Apple Juice Kiwi Milk, Low Fat, 1%	Potato Spinach Frittata Grits Whole Wheat Bread Banana Orange Pineapple Juice Milk, Low Fat 1%
<p><b><u>Lunch</u></b>  <b>Served 12:00-1:00pm</b>            -Suggested Contribution of \$1.50            -Guests under 60 are required to pay \$3.00            -Tickets available 10:30am to 12:55pm</p>	Turkey Meatloaf Quinoa with Black Beans and Corn California Blend Vegetables Apple Milk, Low Fat, 1%	Chicken Shawarma Whole Wheat Bread Baby Spinach Salad Roasted Vegetables Couscous Grapes Milk, low fat, 1%	Beef Meatballs with Sofrito Baked Macaroni and Cheese Escarole and Fennel Salad Orange Milk, Low Fat, 1%	Pumpkin Harvest Beef Stew Whole Wheat Bread Cucumber Dill Salad Tabbouleh w/Garbanzo Beans Kiwi Milk, Low Fat, 1%	Pork Stir Fry with Vegetables Rice Pilaf Asian Cabbage Pineapple Milk, Low Fat, 1%
<p><b><u>Dinner</u></b>  <b>Served 5:00pm-6:00pm</b>            -Suggested Contribution of \$1.50            -Guests under 60 are required to pay \$3.00            -Tickets available 3:30pm to 5:50pm</p>	Basic Shepherd's Pie Whole Wheat Bread Carrot Raisin Salad Grapes Milk, Low Fat, 1%	Hearty beef Vegetables Soup Baked Tilapia Bowtie Pasta Broccoli and Red Peppers Pineapple Milk, low fat, 1%	Baked Turkey Breast Classic Macaroni Salad Whole Wheat Hamburger Bun Garden Salad Cantaloupe Milk, Low Fat, 1%	Baked Chicken Breast Baked Onions Whole Wheat Bread Yellow Squash Orange Milk, Low Fat, 1%	Potato Salad Turkey Cheeseburgers on a Whole Wheat Hamburger Bun Lettuce and Tomato Salad Peach Milk, Low Fat, 1%



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<b>WEEK 4</b>	<b>MONDAY 7/15</b>	<b>TUESDAY 7/16</b>	<b>WEDNESDAY 7/17</b>	<b>THURSDAY 7/18</b>	<b>FRIDAY 7/19</b>
<p><b><u>Breakfast</u></b>  <b>Served 8:30am-10:00am</b>            -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><b><u>Lunch</u></b>  <b>Served 12:00-1:00pm</b>            -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><b><u>Dinner</u></b>  <b>Served 5:00pm-6:00pm</b>            -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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<b>WEEK 5</b>	<b>MONDAY 7/22</b>	<b>TUESDAY 7/23</b>	<b>WEDNESDAY 7/24</b>	<b>THURSDAY 7/25</b>	<b>FRIDAY 7/26</b>
<p><b><u>Breakfast</u></b> 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><b><u>Lunch</u></b> 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><b><u>Dinner</u></b> 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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<b>WEEK 6</b>	<b>MONDAY 7/29</b>	<b>TUESDAY 7/30</b>	<b>WEDNESDAY 8/01</b>	<b>THURSDAY 8/02</b>	<b>FRIDAY 8/03</b>
<p><b><u>Breakfast</u></b>  <b>Served 8:30am-10:00am</b>            -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><b><u>Lunch</u></b>  <b>Served 12:00-1:00pm</b>            -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><b><u>Dinner</u></b>  <b>Served 5:00pm-6:00pm</b>            -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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<b>WEEK 1</b>	<b>MONDAY 8/05</b>	<b>TUESDAY 8/06</b>	<b>WEDNESDAY 8/07</b>	<b>THURSDAY 8/08</b>	<b>FRIDAY 8/09</b>
<p><b><u>Breakfast</u></b> 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>Whole Wheat English Muffin BLT Raisin Brand Cereal Orange Orange Pineapple Juice Milk, Low Fat 1%</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><b><u>Lunch</u></b> 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>Eggplant Parmesan Ziti with Tomato Sauce Garden Salad Apple Milk Low Fat, 1%</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><b><u>Dinner</u></b> 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>Deluxe Cheeseburger with Onions Whole Wheat Hamburger Bun Baked fries Garden Salad with lettuce and Tomato Pineapple Milk Low Fat, 1%</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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<b>WEEK 2</b>	<b>MONDAY 8/12</b>	<b>TUESDAY 8/13</b>	<b>WEDNESDAY 8/14</b>	<b>THURSDAY 8/15</b>	<b>FRIDAY 8/16</b>
<p><b><u>Breakfast</u></b>  <b>Served 8:30am-10:00am</b>            -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><b><u>Lunch</u></b>  <b>Served 12:00-1:00pm</b>            -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><b><u>Dinner</u></b>  <b>Served 5:00pm-6:00pm</b>            -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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<b>WEEK 3</b>	<b>MONDAY 8/19</b>	<b>TUESDAY 8/20</b>	<b>WEDNESDAY 8/21</b>	<b>THURSDAY 8/22</b>	<b>FRIDAY 8/23</b>
<p><b><u>Breakfast</u></b>  <b>Served 8:30am-10:00am</b>            -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 Oatmeal Banana Raisins Pineapple Juice Milk, Low Fat 1%	Turkey Bacon Whole Wheat Cinnamon Pancakes Grits Pear Apple Juice Milk, Low fat, 1%	Eggs Benedict Maypo Orange Juice Pear Milk, Low fat 1%	Almonds Turkey Sausage Link Waffles Oatmeal Apple Juice Kiwi Milk, Low Fat, 1%	Potato Spinach Frittata Grits Whole Wheat Bread Banana Orange Pineapple Juice Milk, Low Fat 1%
<p><b><u>Lunch</u></b>  <b>Served 12:00-1:00pm</b>            -Suggested Contribution of \$1.50            -Guests under 60 are required to pay \$3.00            -Tickets available 10:30am to 12:55pm</p>	Turkey Meatloaf Quinoa with Black Beans and Corn California Blend Vegetables Apple Milk, Low Fat, 1%	Chicken Shawarma Whole Wheat Bread Baby Spinach Salad Roasted Vegetables Couscous Grapes Milk, low fat, 1%	Beef Meatballs with Sofrito Baked Macaroni and Cheese Escarole and Fennel Salad Orange Milk, Low Fat, 1%	Pumpkin Harvest Beef Stew Whole Wheat Bread Cucumber Dill Salad Tabbouleh w/Garbanzo Beans Kiwi Milk, Low Fat, 1%	Pork Stir Fry with Vegetables Rice Pilaf Asian Cabbage Pineapple Milk, Low Fat, 1%
<p><b><u>Dinner</u></b>  <b>Served 5:00pm-6:00pm</b>            -Suggested Contribution of \$1.50            -Guests under 60 are required to pay \$3.00            -Tickets available 3:30pm to 5:50pm</p>	Basic Shepherd's Pie Whole Wheat Bread Carrot Raisin Salad Grapes Milk, Low Fat, 1%	Hearty beef Vegetables Soup Baked Tilapia Bowtie Pasta Broccoli and Red Peppers Pineapple Milk, low fat, 1%	Baked Turkey Breast Classic Macaroni Salad Whole Wheat Hamburger Bun Garden Salad Cantaloupe Milk, Low Fat, 1%	Baked Chicken Breast Baked Onions Whole Wheat Bread Yellow Squash Orange Milk, Low Fat, 1%	Potato Salad Turkey Cheeseburgers on a Whole Wheat Hamburger Bun Lettuce and Tomato Salad Peach Milk, Low Fat, 1%



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<b>WEEK 4</b>	<b>MONDAY 8/26</b>	<b>TUESDAY 8/27</b>	<b>WEDNESDAY 8/28</b>	<b>THURSDAY 8/29</b>	<b>FRIDAY 8/30</b>
<p><b><u>Breakfast</u></b>  <b>Served 8:30am-10:00am</b>            -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><b><u>Lunch</u></b>  <b>Served 12:00-1:00pm</b>            -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><b><u>Dinner</u></b>  <b>Served 5:00pm-6:00pm</b>            -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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<b>WEEK 5</b>	<b>MONDAY 9/02</b>	<b>TUESDAY 9/03</b>	<b>WEDNESDAY 9/04</b>	<b>THURSDAY 9/05</b>	<b>FRIDAY 9/06</b>
<p><b><u>Breakfast</u></b> 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><b>LABOR DAY CENTER CLOSED</b></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><b><u>Lunch</u></b> 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>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><b><u>Dinner</u></b> Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</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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<b>WEEK 6</b>	<b>MONDAY 9/09</b>	<b>TUESDAY 9/10</b>	<b>WEDNESDAY 9/11</b>	<b>THURSDAY 9/12</b>	<b>FRIDAY 9/13</b>
<p><b><u>Breakfast</u></b>  <b>Served 8:30am-10:00am</b>            -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><b><u>Lunch</u></b>  <b>Served 12:00-1:00pm</b>            -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><b><u>Dinner</u></b>  <b>Served 5:00pm-6:00pm</b>            -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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<b>WEEK 1</b>	<b>MONDAY 9/16</b>	<b>TUESDAY 9/17</b>	<b>WEDNESDAY 9/18</b>	<b>THURSDAY 9/19</b>	<b>FRIDAY 9/20</b>
<p><b><u>Breakfast</u></b> 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>Whole Wheat English Muffin BLT Raisin Brand Cereal Orange Orange Pineapple Juice Milk, Low Fat 1%</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><b><u>Lunch</u></b> 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>Eggplant Parmesan Ziti with Tomato Sauce Garden Salad Apple Milk Low Fat, 1%</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><b><u>Dinner</u></b> 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>Deluxe Cheeseburger with Onions Whole Wheat Hamburger Bun Baked fries Garden Salad with lettuce and Tomato Pineapple Milk Low Fat, 1%</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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<b>WEEK 2</b>	<b>MONDAY 9/23</b>	<b>TUESDAY 9/24</b>	<b>WEDNESDAY 9/25</b>	<b>THURSDAY 9/26</b>	<b>FRIDAY 9/27</b>
<p><b><u>Breakfast</u></b>  <b>Served 8:30am-10:00am</b>            -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><b><u>Lunch</u></b>  <b>Served 12:00-1:00pm</b>            -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><b><u>Dinner</u></b>  <b>Served 5:00pm-6:00pm</b>            -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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