

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<b>Baked Ziti</b> , ziti pasta, mozzarella , parmesan, basil, diced canned tomatoes, garlic, olive oil, pepper, sea salt, sweet yellow onions, tomato paste,	<b>Roasted Lemon Chicken</b> , Amish chicken breast, olive oil, salt, pepper, lemon juice, flour, milk	<b>Gorilla Grilled Cheese</b> , cheese, whole grain bread, butter	<b>Sweet Chicken Curry</b> , amish chicken, cumin, celery, onions, garlic, ginger, apple, curry, salt, pepper, cinnamon, flour, butter, brown sugar, chicken broth	<b>Falafel Bites</b> , chickpeas, parsley, garlic, onion, baking soda, salt pepper
	<b>Local Green Beans</b>	<b>Sweet Potato Wedges</b> , sweet potatoes, brown sugar, olive oil	<b>Peas &amp; Carrots</b>	<b>Fresh Cauliflower</b>	<b>Squash Moons</b>
	<b>Orange Slices</b> <b>Whole Grain Bread</b>	<b>Banana Halves</b> <b>Whole Grain Bread</b>	<b>Cantaloupe/Honedew</b>	<b>Seedless Watermelon</b> <b>Naan bread</b>	<b>Applesauce</b> , apples, cinnamon <b>Whole Grain Pita</b>

WEEK 2	<b>Rotini Pasta Primavera</b> , basil, carrots, peas, diced canned tomatoes, garlic, olive oil, pepper, sea salt, rotini pasta, sugar, sweet yellow onions, tomato paste, vegetable stock	<b>Turkey Sloppy Joes</b> , turkey, tomato sauce (tomato, onion, salt, pepper, Italian seasoning), onion, ketchup, brown sugar, garlic, mustard	<b>Buttered Noodles</b> , elbow macaroni, parmesan cheese, butter, salt	<b>Chicken Meatballs</b> , ground chicken, mustard, breadcrumbs, ketchup, onion, egg, garlic, salt, pepper	<b>Breaded Fish Tenders</b> (patties), Pollock, breadcrumbs, salt, pepper,
	<b>Local Green Beans</b>	<b>Mashed Sweet Potatoes</b> , brown sugar, butter, nutmeg, sea salt, sweet potato	Spring Peas	Roasted Cauliflower	<b>Steamed Broccoli</b>
	<b>Tangelo Slices</b> <b>Whole Grain Bread</b>	<b>Fresh Melon</b> <b>Whole Grain Bread</b>	<b>Fresh Watermelon</b> <b>Whole Grain Bread/ Garlic Breadsticks</b>	<b>Fruit Salad</b> <b>Whole Grain Bread</b>	<b>100% Fruit Puree</b> <b>Whole Grain Bread</b>

WEEK 3	<b>Pasta with Cheesy Tomato Sauce</b> , basil, diced canned tomatoes, garlic, olive oil, pepper, sea salt, bowtie pasta, sugar, sweet yellow onions, tomato paste, vegetable stock, parmesan cheese	<b>Juicy Tall Grass Beef Burgers</b> , Ground tallgrass beef, mustard, breadcrumbs, ketchup, onion, egg, garlic, salt, pepper	<b>Cheesy Quesadillas</b> , cheddar cheese, Monterey jack cheese, flour tortillas	<b>BBQ Chicken</b> , Amish chicken breast, bbq sauce (onion, garlic, tomato sauce, molasses, apple cider vinegar, cane sugar, chili powder, salt, pepper)	whole wheat flour, hi pro unbleached flour, cinnamon, onion, salt, garlic, olive oil, mozzarella cheese, parmesan cheese, provolone cheese, yeast, water, italian seasoning
	<b>Carrots &amp; Peas</b>	<b>Cabbage</b>	<b>Local Green Beans</b>	<b>Sweet Potato Fries</b> , sweet potato, olive oil, salt	<b>Fresh Broccoli</b>
	<b>Orange Slices</b>	<b>Fresh Pear Slices</b>	<b>Lowfat Sour Cream</b>	<b>Fruit Salad</b>	<b>Fresh Apple Slices</b>
	<b>Whole Grain Bread</b>	<b>Whole Grain Buns</b>	<b>Mango Salsa</b> , mangos, tomatoes, cilantro, agave nectar, salt <b>Pineapple</b>	<b>Whole Grain Buns</b> <b>Fruit Salad</b>	

WEEK 4	<b>Mac &amp; Cheese</b> , butter, cheddar cheese, dijon mustard, elbow pasta, flour, milk, parmesan cheese, sea salt, vegetable broth	<b>Tandoori Chicken w/ Yogurt</b> , Amish chicken, yogurt, tandoori spice, salt pepper, onion, garlic, olive oil	<b>White Bean Chili, served w/ Shredded Cheese</b> , cannellini beans, vegetable stock, carrots, celery, onion, garlic, salt, pepper, tomato, cheddar cheese	<b>Sweet &amp; Sour Chicken</b> , amish chicken, peas, carrots, onions, red peppers, garlic, ginger, brown sugar, white sugar, rice, salt, pepper, vinegar, ketchup, corn flour, cornstarch, water, paprika	<b>Shepherd's Pie w/ Whipped Potato Crust</b> , potato, vegetable stock, garlic, salt, pepper, milk, butter, turkey, tomato paste, carrots, diced tomato
	<b>Spring Peas</b>	<b>Fresh Broccoli</b>	<b>Maple Roasted Sweet Potatoes</b> , sweet potatoes, maple syrup,	<b>Sticky Rice</b>	<b>Steamed Carrots</b>
	<b>Tangelo Slices</b> <b>Whole Grain Bread</b>	<b>Mango Fruit Puree Lassi</b> (non dairy) <b>Naan Bread</b>	<b>Watermelon</b> Homemade Cornbread	<b>Asian Veggies</b> <b>Pineapple</b>	<b>Apple Berry Sauce</b> , apples, mixed berries