



Monday	Tuesday	Wednesday	Thursday	Friday
 Meal ≥ 1000mg Sodium # New Menu Item * - Notates soy containing items ≤6.5% total volume  - Vegetarian Entrée		Ash Wednesday Lemon Pepper Fish Chuckwagon Corn Green Beans Whole Wheat Bread Creamsicle Pudding Milk Tartar Sauce Diet – Vanilla Pudding <i>Cal:734 21.7 gm Fat 1</i>	All Beef Hamburger Patty [^] Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise Mustard Diet – Hot Spiced Peaches <i>Cal:938 37.1gm Fat 2</i>	Lent Vegetable Lasagna Diced Carrots Diced Beets Texas Bread Lime Fruited Gelatin Milk Diet – Fruited Gelatin <i>Cal:661 11.7 gm Fat 3</i>
Beef Italiano*# Fettuccini Alfredo Mixed Vegetables Whole Wheat Bread Fresh Fruit Milk Diet – Same <i>Cal:645 18.9gm Fat 6</i>	Turkey Tetrazini Cauliflower Ratatouille# Whole Wheat Bread Butterscoth Swirl Pudding Milk Diet – Chocolate Pudding <i>Cal:669 28.5 gm Fat 7</i>	Glazed Ham Black-Eyed Peas Spinach Cornbread Banana Crème Pie [^] Milk Diet – Cake <i>Cal:941 38.3 gm Fat 8</i>	Pulled Chicken Fajita [^] Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Apple Cobbler Milk Diet – Hot Apple Slices <i>Cal:745 16.1gm Fat 9</i>	Lent Tuna Salad Three Bean Salad Carrot Raisin Salad Saltine Crackers Carnival Cookie Milk Diet – Same <i>Cal:713 20.2gm Fat 10</i>
Turkey Rice Casserole Green Beans Country Tomatoes Whole Wheat Bread Apricot Glazed Pound Cake [^] Milk Diet – Cake <i>Cal:698 19.1gm Fat 13</i>	Oven Fried Chicken Thigh Ranch Potatoes Garden Vegetables Whole Wheat Bread Pears Milk Diet – Same <i>Cal:760 37.1gm Fat 14</i>	All Beef Hamburger Patty [^] Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise Mustard Diet – Hot Spiced Peaches <i>Cal:951 37.1gm Fat 15</i>	St. Patricks Day Smoked Sausage Sauerkraut Corn O'Brien Hot Dog Bun Lime Fluff Milk Mustard Diet – Fruited Gelatin <i>Cal:637 21.8gm Fat 16</i>	Lent Cheese Omelet with Picante Sauce# O'Brien Hashbrowns Hot Spiced Apples Biscuit Fresh Banana Milk Margarine Diet – Same <i>Cal:687 22gm Fat 17</i>
All Beef Swiss Steak [^] Au Gratin Rotini Mixed Greens Whole Wheat Bread Fresh Fruit Milk Margarine Diet – Same <i>Cal:735 30.2 gm Fat 20</i>	Turkey Spaghetti Green Beans with Onions Squash Medley Whole Wheat Bread Oatmeal Cream Cookie Milk Margarine Diet – Same <i>Cal:676 21.4gm Fat 21</i>	Baked Chicken Thigh Mixed Beans Baby Carrots Dinner Roll Fresh Fruit Milk Margarine Diet – Same <i>Cal:610 14.9gm Fat 22</i>	Beef Chili with Beans Yellow Rice Tossed Salad Saltine Crackers Cranapple Cobbler Milk Ranch Dressing Diet – Hot Pineapple Tidbits <i>Cal:852 26.6 gm Fat 23</i>	Lent Breaded Fish Buttermilk Potatoes# Green Peas Whole Wheat Bread Cherry Pie [^] Milk Tartar Sauce Diet – Cake <i>Cal:1095 41.5gm Fat 24</i>
Pulled Chicken with Savory Apricot Sauce# [^] Macaroni and Cheese Italian Vegetables Whole Wheat Bread Fresh Fruit Milk Diet – Same <i>Cal: 706 16gm Fat 27</i>	Hamburger Patty* Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet – Hot Spiced Peaches <i>Cal: 840 24.6gm Fat 28</i>	BBQ Pork Rib Patty* Oven Roasted Potatoes Cabbage and Carrots Hamburger Bun Banana Pudding Milk Diet – Vanilla Pudding <i>Cal: 830 24.1gm Fat 29</i>	Sausage and White Beans Stewed Tomatoes Turnip Greens Cornbread Apple Pie [^] Milk Diet – Cake <i>Cal:935 35gm Fat 30</i>	Lent Seafood Macaroni Salad Green Bean Salad Cucumber Salad Saltine Crackers Fudge Cream Cookie Milk Diet – Same <i>Cal: 604 20.2gm Fat 31</i>

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