



Weekly "Menu of Choice" at a Glance

WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday
Date: May 14 - 18	14	15	16	17	18
Main Dish	BURRITOS – BEAN, BEEF & CHEESE	EGG DROP SOUP SWEDISH MEATBALLS, STEAMED RICE, ORIENTAL VEGETABLES	TURKEY & SWISS CHEESE ON A BAGEL, BAGEL & CREAM CHEESE	FUSILLI PASTA	C O L E S L A W C H E E S E
Vegetables & Fruit (Vegetable Soup is available at all meals as an alternative to the daily soup selection; apples or bananas served daily)	<ul style="list-style-type: none"> • Fresh Fruit • Chef Salad • French Onion Soup • Spinach Salad • Sliced Tomatoes • Celery Sticks 	<ul style="list-style-type: none"> • Fresh Fruit • Chef Salad • Egg Drop Soup • Fruit Salad • Oriental Vegetables 	<ul style="list-style-type: none"> • Fresh Fruit • Chef Salad • Low Cal Coleslaw • Carrot Sticks • Sliced Tomatoes, Cucumbers and Peppers 	<ul style="list-style-type: none"> • Fresh Fruit • Chef Salad • Fresh Vegetable Soup • Greek Salad • Celery Sticks • Sliced Beet Salad 	
Grain Products (Whole grain provided as the Menu of Choice item, White provided as a variation available at all meals)	<ul style="list-style-type: none"> • Multi-grain and Wonder + Bread • Pasta and Vegetable Salad • Burrito Shells • Cereal 	<ul style="list-style-type: none"> • Multi-grain and Wonder + Bread • Baked Croutons • Brown Rice 	<ul style="list-style-type: none"> • Multi-grain and Wonder + Bread • Chicken Noodle Soup • Rice And Vegetables Salad • Whole Wheat Buns • Cereal 	<ul style="list-style-type: none"> • Multi-grain and Wonder + Bread • Pasta (<i>whole wheat available</i>) 	
Milk & Milk Alternatives (2% white milk provided as an alternative to chocolate milk)	<ul style="list-style-type: none"> • 2% White Milk • Shredded Cheddar Cheese • Low Cal Cottage Cheese • Cream of Vegetable Soup 	<ul style="list-style-type: none"> • 1% Chocolate Milk, • White Milk available • Cream of Celery Soup • Plain Yogurt 	<ul style="list-style-type: none"> • 2% White Milk • Light Cream Cheese • Herb & Vegetable Cream Cheese • Swiss Cheese • Pudding 	<ul style="list-style-type: none"> • 1% Chocolate Milk, • White Milk available • Feta Cheese • Low Cal Cottage Cheese • Light Alfredo Sauce 	
Meat & Meat Alternatives	<ul style="list-style-type: none"> • Refried Beans • Burrito Bean, Beef and Cheese Filling 	<ul style="list-style-type: none"> • Kidney Beans • Egg Salad • Chicken Meatless 	<ul style="list-style-type: none"> • Baked Beans • Sliced Turkey 	<ul style="list-style-type: none"> • Sliced Eggs • Hummus • Sliced Ham • Meat Sauce • Vegetable Sauce (w) protein supplement 	
Other Foods (Fresh whole fruit available daily on seasonal/ripe rotation)	<ul style="list-style-type: none"> • Ice Cream 	<ul style="list-style-type: none"> • Brownies 	<ul style="list-style-type: none"> • Pudding 	<ul style="list-style-type: none"> • Brownies 	
Toppings / Other	Pickles	<ul style="list-style-type: none"> • Granola 	<ul style="list-style-type: none"> • Jam 	<ul style="list-style-type: none"> • Black Olives 	