

Menu Type: Mainline FY 2024

Weekly Menu

Date Range: 3/17/2024 to 3/23/2024

Week #: 1

Sunday (3/17/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Grits 7.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Coffee 8.00 oz.
 ♥Skim Milk 2.00 Cups

LUNCH

♥Scrambled Eggs or
 4.00 oz.
 # Peanut Butter 4.00 oz.
 ♥Oven Brown Potatoes
 6.00 oz.
 Cream Gravy 2.50 oz.
 Biscuits (2) or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Monday (3/18/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 Cream Gravy 2.50 oz.
 ♥Oven Brown Potatoes
 6.00 oz.
 Biscuits (2) or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

Southwest Chicken Wrap
 13.00 oz.
 ♥or Chicken & Veggies
 7.30 oz.
 #or Southwest Tofu Wrap
 13.00 oz.
 ♥Coleslaw 4.00 oz.
 ♥Pinto Beans 8.00 oz.
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Tuesday (3/19/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Bran Flakes 2.00 oz.
 Coffee Cake or 2.85 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

Chicken Patty Sandwich
 4.00 oz.
 #or ♥Soy Chicken Patty
 4.00 oz.
 ♥Steamed Rice 8.00 oz.
 ♥Pinto Beans 8.00 oz.
 ♥Lettuce/Tomato 3.00
 oz.
 Mayonnaise 9.00 g
 ♥WW Hamburger Bun
 1.00 ea
 ♥Fruit 1.00 ea
 or Dessert 1.00 ea
 ♥Beverage 16.00 oz.

Wednesday (3/20/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 Pancakes 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Hamburger or 3.20 oz.
 # Black Bean Burger
 5.00 oz.
 French Fries or 6.40 oz.
 ♥Baked Potato 8.00 oz.
 ♥W/Margarine Pat 0.35
 oz.
 ♥Lettuce/Tomato 3.00
 oz.
 ♥Sliced Onions 1.00 oz.
 ♥Catsup & Mustard 0.63
 oz.
 ♥WW Hamburger Bun
 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Thursday (3/21/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Bran Flakes 2.00 oz.
 Coffee Cake or 2.85 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Baked Chicken 8.00 oz.
 #or Pinto Beans 8.00 oz.
 ♥Baked Sweet Potato
 8.00 oz.
 ♥Green Beans 4.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 ♥Margarine Pat 1.00 ea
 ♥Fruit 1.00 ea
 or Dessert 1.00 ea
 ♥Beverage 16.00 oz.

Friday (3/22/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 French Toast (2) 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Baked Fish 4.00 oz.
 #or Baked Beans 8.00
 oz.
 Macaroni & Cheese or
 8.30 oz.
 ♥Garlic Macaroni 8.00
 oz.
 ♥Carrots 4.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 Tartar Sauce 1.98 oz.
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Saturday (3/23/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Coffee 8.00 oz.
 ♥Skim Milk 2.00 Cups

LUNCH

♥Beef Tacos 6.50 oz.
 #or Black Beans 8.00 oz.
 ♥Cilantro Rice 8.00 oz.
 ♥WK Corn 4.00 oz.
 ♥Taco Shells (2) 2.00 ea
 Shredded Cheese 2.00
 oz.
 ♥Salsa 2.50 oz.
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

#Indicates No Flesh Entrée Item ♥Indicates Heart Healthy

Menu Type: Mainline FY 2024

Weekly Menu

Date Range: 3/17/2024 to 3/23/2024

DINNER

- ♥Roast Beef 4.00 oz.
#or Black Eyed Peas 8.00 oz.
- ♥Mashed Potatoes 5.75 oz.
- ♥Green Beans 4.00 oz.
Brown Gravy 2.30 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- ♥Turkey Roast 4.00 oz.
#or Navy Beans 8.00 oz.
- ♥Steamed Rice 8.00 oz.
- ♥Green Peas 4.00 oz.
Brown Gravy 2.30 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- ♥Salisbury Steak 6.00 oz.
#or Black Eyed Peas 8.00 oz.
- ♥Mashed Potatoes 5.75 oz.
Brown Gravy 2.30 oz.
- ♥WK Corn 4.00 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Margarine Pat 1.00 ea
- ♥Beverage 16.00 oz.

DINNER

- ♥Black Bean Soup 12.00 oz.
- ♥Beef Taco Salad 11.90 oz.
- #or Soy Taco Salad 9.50 oz.
- Shredded Cheese 2.00 oz.
- ♥Salsa 2.50 oz.
- ♥Beverage 16.00 oz.

DINNER

- ♥Chicken Fajita 7.80 oz.
#or Tofu Fajita 7.60 oz.
- ♥Cilantro Rice 8.00 oz.
- ♥Black Beans 8.00 oz.
- ♥WK Corn 4.00 oz.
- ♥Salsa 2.50 oz.
- ♥Beverage 16.00 oz.

DINNER

- ♥Pasta 8.00 oz.
♥w/ Marinara Sauce 8.00 oz.
- ♥Meatballs 4.00 oz.
#or Soy Spag Sauce 8.00 oz.
- ♥Spinach 4.00 oz.
- ♥Garden Salad 3.00 oz.
Garlic Bread or 1.49 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- ♥Vegetable Soup 8.00 oz.
- ♥Chicken Salad or 5.00 oz.
#or Hummus 4.00 oz.
Potato Chips or 1.00 ea
- ♥Baked Potato 8.00 oz.
- ♥W/Margarine Pat 0.35 oz.
- ♥Lettuce Leaf 1.00 oz.
- ♥Whole Wheat Bread 2.00 Slices
- ♥Beverage 16.00 oz.

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

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Menu Type: Mainline FY 2024

Weekly Menu

Date Range: 3/24/2024 to 3/30/2024

Week #: 2

Sunday (3/24/24)

BREAKFAST

- ♥Fruit 1.00 ea
- ♥Hot Grits 7.00 oz.
- ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea
- ♥Margarine Pat 1.00 ea
- ♥Sugar Substitute Pks 2.00 ea
- ♥Coffee 8.00 oz.
- ♥Skim Milk 2.00 Cups

LUNCH

- ♥Scrambled Eggs or 4.00 oz.
- # Peanut Butter 4.00 oz.
- ♥Oven Brown Potatoes 6.00 oz.
- Pancakes 4.00 oz.
- W/Syrup or 2.00 oz.
- ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea
- ♥Margarine Pat 1.00 ea
- ♥Fruit 1.00 ea
- ♥Beverage 16.00 oz.

Monday (3/25/24)

BREAKFAST

- ♥Fruit 1.00 ea
- ♥Hot Oatmeal 7.00 oz.
- Cream Gravy 2.50 oz.
- ♥Oven Brown Potatoes 6.00 oz.
- Biscuits (2) or 2.00 oz.
- ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea
- ♥Sugar Substitute Pks 2.00 ea
- ♥Skim Milk 2.00 Cups

LUNCH

- ♥Chicken Tacos 7.25 oz. #or Chickpea Tacos 6.65 oz.
- ♥Cilantro Rice 8.00 oz.
- ♥Black Beans 8.00 oz.
- ♥WK Corn 4.00 oz.
- ♥Taco Shells (2) 2.00 ea
- ♥Salsa 2.50 oz.
- ♥Fruit 1.00 ea
- ♥Beverage 16.00 oz.

Tuesday (3/26/24)

BREAKFAST

- ♥Fruit 1.00 ea
- ♥Bran Flakes 2.00 oz.
- Coffee Cake or 2.85 oz.
- ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea
- ♥Sugar Substitute Pks 2.00 ea
- ♥Margarine Pat 1.00 ea
- ♥Skim Milk 2.00 Cups

LUNCH

- Chicken Patty Sandwich 4.00 oz.
- #or ♥Soy Chicken Patty 4.00 oz.
- ♥Steamed Rice 8.00 oz.
- ♥Pinto Beans 8.00 oz.
- ♥Lettuce/Tomato 3.00 oz.
- Mayonnaise 9.00 g
- ♥WW Hamburger Bun 1.00 ea
- ♥Fruit 1.00 ea or Dessert 1.00 ea
- ♥Beverage 16.00 oz.

Wednesday (3/27/24)

BREAKFAST

- ♥Fruit 1.00 ea
- ♥Hot Oatmeal 7.00 oz.
- Pancakes 4.00 oz.
- W/Syrup or 2.00 oz.
- ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea
- ♥Sugar Substitute Pks 2.00 ea
- ♥Margarine Pat 1.00 ea
- ♥Skim Milk 2.00 Cups

LUNCH

- ♥Hamburger or 3.20 oz.
- # Black Bean Burger 5.00 oz.
- French Fries or 6.40 oz.
- ♥Baked Potato 8.00 oz.
- ♥W/Margarine Pat 0.35 oz.
- ♥Lettuce/Tomato 3.00 oz.
- ♥Sliced Onions 1.00 oz.
- ♥Catsup & Mustard 0.63 oz.
- ♥WW Hamburger Bun 1.00 ea
- ♥Fruit 1.00 ea
- ♥Beverage 16.00 oz.

Thursday (3/28/24)

BREAKFAST

- ♥Fruit 1.00 ea
- ♥Bran Flakes 2.00 oz.
- Coffee Cake or 2.85 oz.
- ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea
- ♥Sugar Substitute Pks 2.00 ea
- ♥Margarine Pat 1.00 ea
- ♥Skim Milk 2.00 Cups

LUNCH

- Fried Chicken 8.00 oz.
- ♥or Baked Chicken 8.00 oz.
- #or PB & Jelly Sand (2) 10.80 oz.
- ♥Mashed Potatoes 5.75 oz.
- ♥Carrots 4.00 oz.
- Chicken Gravy 2.00 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Margarine Pat 1.00 ea
- ♥Fruit 1.00 ea or Dessert 1.00 ea
- ♥Beverage 16.00 oz.

Friday (3/29/24)

BREAKFAST

- ♥Fruit 1.00 ea
- ♥Hot Oatmeal 7.00 oz.
- French Toast (2) 4.00 oz.
- W/Syrup or 2.00 oz.
- ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea
- ♥Sugar Substitute Pks 2.00 ea
- ♥Margarine Pat 1.00 ea
- ♥Skim Milk 2.00 Cups

LUNCH

- Breaded Fish Sand or 4.00 oz.
- ♥Baked Fish 4.00 oz.
- #or Hummus 4.00 oz.
- ♥Cilantro Rice 8.00 oz.
- ♥Pinto Beans 8.00 oz.
- Tartar Sauce 1.98 oz.
- ♥WW Hamburger Bun 1.00 ea
- ♥Fruit 1.00 ea
- ♥Beverage 16.00 oz.

Saturday (3/30/24)

BREAKFAST

- ♥Fruit 1.00 ea
- ♥Hot Oatmeal 7.00 oz.
- ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea
- ♥Sugar Substitute Pks 2.00 ea
- ♥Margarine Pat 1.00 ea
- ♥Coffee 8.00 oz.
- ♥Skim Milk 2.00 Cups

LUNCH

- ♥Scrambled Eggs or 4.00 oz.
- # Peanut Butter 4.00 oz.
- ♥Oven Brown Potatoes 6.00 oz.
- Cream Gravy 2.50 oz.
- Biscuits (2) or 2.00 oz.
- ♥Whole Wheat Bread 1.00 Slices and ♥Jelly (2) 2.00 ea
- ♥Fruit 1.00 ea
- ♥Beverage 16.00 oz.

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

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Menu Type: Mainline FY 2024

Weekly Menu

Date Range: 3/24/2024 to 3/30/2024

DINNER

- ♥Chicken Alfredo 14.00 oz.
- #or Tofu & Vegetables 5.50 oz.
- ♥Spaghetti Pasta 8.00 oz.
- ♥Green Peas 4.00 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- ♥*BBQ Pork 5.25 oz.
- #or BBQ Tofu 4.00 oz.
- ♥Baked Sweet Potato 8.00 oz.
- ♥Pinto Beans 8.00 oz.
- ♥Coleslaw 3.00 oz.
- ♥WW Hamburger Bun 1.00 ea
- ♥Margarine Pat 1.00 ea
- ♥Beverage 16.00 oz.

DINNER

- Swedish Meatballs or 8.55 oz.
- ♥# Black Bean Burger 5.00 oz.
- ♥Egg Noodles 8.00 oz.
- ♥Green Beans 4.00 oz.
- ♥Garden Salad 3.00 oz.
- ♥Dressing, Asstd. 9.00 g
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- Cheese Pizza 5.00 oz.
- ♥#or Navy Beans 8.00 oz.
- ♥Pasta w/ Marinara 7.00 oz.
- ♥Garden Salad 3.00 oz.
- ♥Dressing, Asstd. 9.00 g
- ♥Beverage 16.00 oz.

DINNER

- ♥Cream of Potato Soup 12.00 oz.
- Chef Salad 13.30 oz.
- ♥#or Tofu Chef Salad 9.60 oz.
- ♥Beets (Cold) 4.00 oz.
- ♥Dressing, Asstd. 9.00 g
- ♥Whole Wheat Bread 2.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- Lasagna w/Meat 12.00 oz.
- #or ♥Pasta Fazool 16.00 oz.
- ♥Garden Salad 3.00 oz.
- ♥Dressing, Asstd. 9.00 g
- Garlic Bread or 1.49 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- ♥Chicken Breast Sandwich 3.75 oz.
- #or Hummus Wrap 10.00 oz.
- ♥Potato Salad 8.00 oz.
- ♥Green Beans 6.00 oz.
- ♥Lettuce/Tomato 3.00 oz.
- Mayonnaise 9.00 g
- ♥WW Hamburger Bun 1.00 ea
- ♥Beverage 16.00 oz.

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

#Indicates No Flesh Entrée Item ♥Indicates Heart Healthy

Menu Type: Mainline FY 2024

Weekly Menu

Date Range: 3/31/2024 to 4/6/2024

Week #: 3

Sunday (3/31/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Grits 7.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Coffee 8.00 oz.
 ♥Skim Milk 2.00 Cups

LUNCH

♥Scrambled Eggs or
 4.00 oz.
 # Peanut Butter 4.00 oz.
 ♥Oven Brown Potatoes
 6.00 oz.
 Pancakes 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Monday (4/01/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 Cream Gravy 2.50 oz.
 ♥Oven Brown Potatoes
 6.00 oz.
 Biscuits (2) or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Chicken Fajita 7.80 oz.
 #or Tofu Fajita 7.60 oz.
 ♥Cilantro Rice 8.00 oz.
 ♥Black Beans 8.00 oz.
 ♥WK Corn 4.00 oz.
 ♥Salsa 2.50 oz.
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Tuesday (4/02/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Bran Flakes 2.00 oz.
 Coffee Cake or 2.85 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

Chicken Patty Sandwich
 4.00 oz.
 #or ♥Soy Chicken Patty
 4.00 oz.
 ♥Garlic Macaroni 8.00
 oz.
 ♥Green Peas 4.00 oz.
 ♥Lettuce/Tomato 3.00
 oz.
 Mayonnaise 9.00 g
 ♥WW Hamburger Bun
 1.00 ea
 ♥Fruit 1.00 ea
 or Dessert 1.00 ea
 ♥Beverage 16.00 oz.

Wednesday (4/03/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 Pancakes 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Hamburger or 3.20 oz.
 # Black Bean Burger
 5.00 oz.
 Sliced Cheese 1.00
 Slices
 French Fries or 6.40 oz.
 ♥Baked Potato 8.00 oz.
 ♥W/Margarine Pat 0.35
 oz.
 ♥Lettuce/Tomato 3.00
 oz.
 ♥Sliced Onions 1.00 oz.
 ♥Catsup & Mustard 0.63
 oz.
 ♥WW Hamburger Bun
 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Thursday (4/04/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Bran Flakes 2.00 oz.
 Coffee Cake or 2.85 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

BBQ Chicken 10.00 oz.
 ♥or Baked Chicken 8.00
 oz.
 #or PB & Jelly Sand (2)
 10.80 oz.
 Macaroni & Cheese or
 8.30 oz.
 ♥Garlic Macaroni 6.00
 oz.
 ♥Mixed Vegetables 4.00
 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 ♥Fruit 1.00 ea
 or Dessert 1.00 ea
 ♥Beverage 16.00 oz.

Friday (4/05/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 French Toast (2) 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Baked Fish 4.00 oz.
 #or Black Beans 8.00 oz.
 ♥Rice Pilaf 8.00 oz.
 ♥Spinach 4.00 oz.
 ♥Coleslaw 3.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 Tartar Sauce 1.98 oz.
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Saturday (4/06/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Coffee 8.00 oz.
 ♥Skim Milk 2.00 Cups

LUNCH

♥Sloppy Joe 6.00 oz.
 #or PB & Jelly Sand (2)
 10.80 oz.
 ♥Oven Brown Potatoes
 6.00 oz.
 ♥Carrots 4.00 oz.
 ♥WW Hamburger Bun
 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

#Indicates No Flesh Entrée Item ♥Indicates Heart Healthy

Menu Type: Mainline FY 2024

Weekly Menu

Date Range: 3/31/2024 to 4/6/2024

DINNER

- ♥Turkey Roast 4.00 oz.
- #or Navy Beans 8.00 oz.
- ♥Mashed Potatoes 5.75 oz.
- ♥Carrots 4.00 oz.
- Brown Gravy 2.30 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- ♥Chili 9.50 oz.
- #or Three Bean Chili 14.00 oz.
- ♥Steamed Rice 8.00 oz.
- ♥Mixed Vegetables 4.00 oz.
- Cornbread or 3.15 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Margarine Pat 1.00 ea
- ♥Beverage 16.00 oz.

DINNER

- ♥Pepper Steak 8.80 oz.
- #or Lentils 8.00 oz.
- ♥Steamed Rice 8.00 oz.
- ♥Green Beans 4.00 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- ♥Hot Grits 7.00 oz.
- ♥Scrambled Eggs or 4.00 oz.
- # Peanut Butter 4.00 oz.
- ♥Oven Brown Potatoes 6.00 oz.
- Cream Gravy 2.50 oz.
- Biscuits (2) or 2.00 oz.
- ♥Whole Wheat Bread 1.00 Slices
- and ♥Jelly (2) 2.00 ea
- ♥Beverage 16.00 oz.

DINNER

- ♥Chicken & Veggies 8.00 oz.
- #or Soy Chicken Patty 4.00 oz.
- ♥Steamed Rice 8.00 oz.
- ♥Green Peas 4.00 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- ♥Black Bean Soup 12.00 oz.
- ♥Beef Taco Salad 11.90 oz.
- #or Soy Taco Salad 9.50 oz.
- Shredded Cheese 2.00 oz.
- ♥Salsa 2.50 oz.
- ♥Beverage 16.00 oz.

DINNER

- ♥Roast Beef 4.00 oz.
- #or Lentils 8.00 oz.
- ♥Mashed Potatoes 5.75 oz.
- ♥Mixed Vegetables 4.00 oz.
- Brown Gravy 2.30 oz.
- ♥Whole Wheat Bread 2.00 Slices
- ♥Margarine Pat 1.00 ea
- ♥Beverage 16.00 oz.

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

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Menu Type: Mainline FY 2024

Weekly Menu

Date Range: 4/7/2024 to 4/13/2024

Week #: 4

Sunday (4/07/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Grits 7.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Coffee 8.00 oz.
 ♥Skim Milk 2.00 Cups

LUNCH

♥Scrambled Eggs or
 4.00 oz.
 # Peanut Butter 4.00 oz.
 ♥Oven Brown Potatoes
 6.00 oz.
 French Toast (2) 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Monday (4/08/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 Cream Gravy 2.50 oz.
 ♥Oven Brown Potatoes
 6.00 oz.
 Biscuits (2) or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

Cheese Pizza 5.00 oz.
 ♥#or Navy Beans 8.00
 oz.
 ♥Italian Pasta Salad 6.00
 oz.
 ♥Green Beans 6.00 oz.
 ♥Garden Salad 3.00 oz.
 ♥Dressing, Asstd. 9.00 g
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Tuesday (4/09/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Bran Flakes 2.00 oz.
 Coffee Cake or 2.85 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

Chicken Parmesan 6.95
 oz.
 #or ♥Soy Chicken Patty
 4.00 oz.
 ♥Pasta w/ Marinara 7.00
 oz.
 ♥Spinach 4.00 oz.
 Garlic Bread or 1.49 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 ♥Fruit 1.00 ea
 or Dessert 1.00 ea
 ♥Beverage 16.00 oz.

Wednesday (4/10/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 Pancakes 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Hamburger or 3.20 oz.
 # Black Bean Burger
 5.00 oz.
 Sliced Cheese 1.00
 Slices
 French Fries or 6.40 oz.
 ♥Baked Potato 8.00 oz.
 ♥W/Margarine Pat 0.35
 oz.
 ♥Lettuce/Tomato 3.00
 oz.
 ♥Sliced Onions 1.00 oz.
 ♥Catsup & Mustard 0.63
 oz.
 ♥WW Hamburger Bun
 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Thursday (4/11/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Bran Flakes 2.00 oz.
 Coffee Cake or 2.85 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

Fried Chicken 8.00 oz.
 ♥or Baked Chicken 8.00
 oz.
 #or PB & Jelly Sand (2)
 10.80 oz.
 ♥Baked Sweet Potato
 8.00 oz.
 ♥Green Beans 4.00 oz.
 ♥Garden Salad 3.00 oz.
 ♥Dressing, Asstd. 9.00 g
 ♥Whole Wheat Bread
 1.00 Slices
 ♥Margarine Pat 1.00 ea
 ♥Fruit 1.00 ea
 or Dessert 1.00 ea
 ♥Beverage 16.00 oz.

Friday (4/12/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 French Toast (2) 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

Breaded Fish Sand or
 4.00 oz.
 ♥Baked Fish 4.00 oz.
 #or Hummus 4.00 oz.
 ♥Cilantro Rice 8.00 oz.
 ♥Pinto Beans 8.00 oz.
 Tartar Sauce 1.98 oz.
 ♥WW Hamburger Bun
 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Saturday (4/13/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Coffee 8.00 oz.
 ♥Skim Milk 2.00 Cups

LUNCH

♥Scrambled Eggs or
 4.00 oz.
 # Peanut Butter 4.00 oz.
 ♥Oven Brown Potatoes
 6.00 oz.
 Pancakes 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

#Indicates No Flesh Entrée Item ♥Indicates Heart Healthy

Menu Type: Mainline FY 2024

Weekly Menu

Date Range: 4/7/2024 to 4/13/2024

DINNER

- ♥BBQ Shred Chicken 6.00 oz.
- #or Baked Beans 6.00 oz.
- ♥Baked Potato 8.00 oz.
- ♥Coleslaw 3.00 oz.
- ♥WW Hamburger Bun 1.00 ea
- ♥Margarine Pat 1.00 ea
- ♥Beverage 16.00 oz.

DINNER

- ♥Chicken Fried Rice 11.20 oz.
- #or Tofu Fried Rice 12.00 oz.
- ♥Black Beans 8.00 oz.
- ♥Carrots 4.00 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- ♥*BBQ Pork 5.25 oz.
- #or BBQ Tofu 4.00 oz.
- ♥Steamed Rice 8.00 oz.
- ♥Collard Greens 4.00 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- ♥Pasta 8.00 oz.
- ♥w/ Marinara Sauce 8.00 oz.
- ♥Meatballs 4.00 oz.
- #or Soy Spag Sauce 8.00 oz.
- ♥Spinach 4.00 oz.
- ♥Garden Salad 3.00 oz.
- ♥Dressing, Asstd. 9.00 g
- Garlic Bread or 1.49 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- Hot Dogs (2) 3.20 oz.
- #or ♥Kidney Beans 8.00 oz.
- ♥Oven Brown Potatoes 6.00 oz.
- ♥Coleslaw 3.00 oz.
- ♥Catsup & Mustard 0.63 oz.
- ♥WW Hot Dog Buns (2) 4.00 oz.
- ♥Beverage 16.00 oz.

DINNER

- ♥Chicken Cheese Steak 6.62 oz.
- #or Navy Beans 8.00 oz.
- ♥Italian Pasta Salad 6.00 oz.
- ♥Carrots 4.00 oz.
- ♥WW Hot Dog Bun 1.00 ea
- ♥Beverage 16.00 oz.

DINNER

- ♥Meatloaf 6.20 oz.
- #or Three Bean Chili 10.00 oz.
- ♥Steamed Rice 8.00 oz.
- ♥WK Corn 4.00 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Margarine Pat 1.00 ea
- ♥Beverage 16.00 oz.

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

#Indicates No Flesh Entrée Item ♥Indicates Heart Healthy

Menu Type: Mainline FY 2024

Weekly Menu

Date Range: 4/14/2024 to 4/20/2024

Week #: 5

Sunday (4/14/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Grits 7.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Coffee 8.00 oz.
 ♥Skim Milk 2.00 Cups

LUNCH

♥Scrambled Eggs or
 4.00 oz.
 # Peanut Butter 4.00 oz.
 ♥Oven Brown Potatoes
 6.00 oz.
 French Toast (2) 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Monday (4/15/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 Cream Gravy 2.50 oz.
 ♥Oven Brown Potatoes
 6.00 oz.
 Biscuits (2) or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

Chili Cheese Fries 14.00
 oz.
 #or ♥Three Bean Chili
 14.00 oz.
 ♥#W/Baked Potato 8.00
 oz.
 ♥Carrots 4.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Tuesday (4/16/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Bran Flakes 2.00 oz.
 Coffee Cake or 2.85 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

Chicken Patty Sandwich
 4.00 oz.
 #or ♥Soy Chicken Patty
 4.00 oz.
 ♥Steamed Rice 8.00 oz.
 ♥Pinto Beans 8.00 oz.
 ♥Lettuce/Tomato 3.00
 oz.
 Mayonnaise 9.00 g
 ♥WW Hamburger Bun
 1.00 ea
 ♥Fruit 1.00 ea
 or Dessert 1.00 ea
 ♥Beverage 16.00 oz.

Wednesday (4/17/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 Pancakes 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Hamburger or 3.20 oz.
 # Black Bean Burger
 5.00 oz.
 French Fries or 6.40 oz.
 ♥Baked Potato 8.00 oz.
 ♥W/Margarine Pat 0.35
 oz.
 ♥Lettuce/Tomato 3.00
 oz.
 ♥Sliced Onions 1.00 oz.
 ♥Catsup & Mustard 0.63
 oz.
 ♥WW Hamburger Bun
 1.00 ea
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Thursday (4/18/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Bran Flakes 2.00 oz.
 Coffee Cake or 2.85 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Baked Chicken 8.00 oz.
 #or Black Beans 8.00 oz.
 ♥Baked Sweet Potato
 8.00 oz.
 ♥Mixed Vegetables 6.00
 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 ♥Margarine Pat 1.00 ea
 ♥Fruit 1.00 ea
 or Dessert 1.00 ea
 ♥Beverage 16.00 oz.

Friday (4/19/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 French Toast (2) 4.00 oz.
 W/Syrup or 2.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Skim Milk 2.00 Cups

LUNCH

♥Baked Fish 4.00 oz.
 #or Baked Beans 6.00
 oz.
 ♥Garlic Macaroni 6.00
 oz.
 ♥Collard Greens 4.00 oz.
 ♥Coleslaw 3.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 Tartar Sauce 1.98 oz.
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Saturday (4/20/24)**BREAKFAST**

♥Fruit 1.00 ea
 ♥Hot Oatmeal 7.00 oz.
 ♥Whole Wheat Bread
 1.00 Slices
 and ♥Jelly (2) 2.00 ea
 ♥Sugar Substitute Pks
 2.00 ea
 ♥Margarine Pat 1.00 ea
 ♥Coffee 8.00 oz.
 ♥Skim Milk 2.00 Cups

LUNCH

Beef Nachos or 11.65 oz.
 #or ♥Three Bean Chili
 14.00 oz.
 ♥WK Corn 4.00 oz.
 ♥Pinto Beans 8.00 oz.
 ♥Salsa 4.00 oz.
 ♥Fruit 1.00 ea
 ♥Beverage 16.00 oz.

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

#Indicates No Flesh Entrée Item ♥Indicates Heart Healthy

Menu Type: Mainline FY 2024

Weekly Menu

Date Range: 4/14/2024 to 4/20/2024

DINNER

- ♥Beef Tacos 6.50 oz.
- #or Chickpea Tacos 6.65 oz.
- ♥Cilantro Rice 8.00 oz.
- ♥Black Beans 8.00 oz.
- ♥WK Corn 4.00 oz.
- Shredded Cheese 2.00 oz.
- ♥Salsa 2.50 oz.
- ♥Taco Shells (2) 2.00 ea
- ♥Beverage 16.00 oz.

DINNER

- ♥Pepper Steak 8.80 oz.
- #or Lentils 8.00 oz.
- ♥Steamed Rice 8.00 oz.
- ♥Green Beans 4.00 oz.
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- *Pork Italian Sausage 4.00 oz.
- ♥# or Lentils 8.00 oz.
- ♥Oven Brown Potatoes 6.00 oz.
- ♥Diced Onions & Peprs 2.00 oz.
- ♥Mixed Vegetables 4.00 oz.
- ♥WW Hot Dog Bun 1.00 ea
- ♥Beverage 16.00 oz.

DINNER

- ♥Old Fashn Bean Soup 12.00 oz.
- Chef Salad 13.30 oz.
- ♥#or Tofu Chef Salad 9.60 oz.
- ♥Beets (Cold) 4.00 oz.
- ♥Dressing, Asstd. 9.00 g
- ♥Whole Wheat Bread 2.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- Steak & Cheese Sub 7.60 oz.
- #or ♥Kidney Beans 8.00 oz.
- Potato Chips or 1.00 ea
- ♥Baked Potato 8.00 oz.
- ♥W/Margarine Pat 0.35 oz.
- ♥Green Beans 4.00 oz.
- ♥WW Hot Dog Bun 1.00 ea
- ♥Beverage 16.00 oz.

DINNER

- ♥Baked Ziti & Beef 16.00 oz.
- #or Soy Baked Ziti 13.00 oz.
- ♥Green Beans 4.00 oz.
- ♥Garden Salad 3.00 oz.
- ♥Dressing, Asstd. 9.00 g
- ♥Whole Wheat Bread 1.00 Slices
- ♥Beverage 16.00 oz.

DINNER

- ♥Chicken Cheese Steak 6.62 oz.
- #or Navy Beans 8.00 oz.
- ♥Italian Pasta Salad 6.00 oz.
- ♥Carrots 4.00 oz.
- ♥WW Hot Dog Bun 1.00 ea
- ♥Beverage 16.00 oz.

Dry Cereal and Milk Substitute may be served in Satellite Feeding Situations in place of Hot Cereal and Skim Milk.

#Indicates No Flesh Entrée Item ♥Indicates Heart Healthy