

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1/3</b>-Roast Chicken (2oz) Sliced Carrots (1/2c) Collard Greens in Chicken Broth (1/4c) Moros, Black Beans &amp; WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p><b>1/4</b>-*Chicken Patty (2oz) Roasted Potato Wedges (1/2c) Lettuce &amp; Tomato (1c) 100% WW Bun (25g) Mustard/Ketchup/Mayonnaise 1% Milk (8oz)</p>	<p><b>1/5</b>-*Mild Jerk Chicken (2oz) Roasted Squash (1/2c) Green Beans (1/4c) Jamaican Pigeon Peas &amp; WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p><b>1/6</b>-*Picadillo, Ground Beef &amp; Olives (3oz) Plantains (1/2c) Steamed Broccoli (1/4c) WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p><b>1/7</b>-*Tuna Salad Sandwich Salad, Spinach, Romaine, Tomato, Cucumber (1c) Low fat Ranch Dressing Chicken Noodle Soup (3/4c of chicken, carrots, celery) 100% WW Bread (1slice) 1% Milk (8oz)</p>
<p><b>1/10</b>-BBQ Chicken (2oz) Baked Beans (1/2c) Fruit Cocktail (1/4c) Macaroni &amp; Cheese with WG Pasta (1/2c) 1% Milk (8oz)</p>	<p><b>1/11</b>-*Boulet Haitian Meatballs (2oz) In Gravy Plantains (1/2c) Pumpkin Soup with cabbage, carrots &amp; pumpkin (Soup Joumou) (1/2c) WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p><b>1/12</b>-*Spaghetti &amp; Meat Sauce Ground Beef or Turkey (2oz) Steamed Carrots (1/2c) Salad, Spinach, Romaine, Tomato, Cucumber (1c) Low fat Ranch Dressing 1% Milk (8oz)</p>	<p><b>1/13</b>-*Brown Stew Chicken Chicken (2oz) Steamed Spinach in Chicken Broth (1/2c) Season Fresh Fruit (1/4c) Jamaican Pigeon Peas &amp; WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p><b>1/14</b>-*Sliced Roast Turkey (2oz) Green Beans (1/2c) Potatoes O'Brien with onion, peppers &amp; tomatoes (1/4c) 100% WW Soft Roll (25g) 1% Milk (8oz)</p>
<p><b>1/17</b>-*Baked Sliced Turkey (2oz) Roasted Sweet Potatoes (1/2c) Coleslaw (1/4c) 100% WG Bread w/butter (1slice) 1% Milk (8oz)</p>	<p><b>1/18</b>-*Tacos (2oz ground beef, shredded cheese &amp; mild salsa) Mexican Corn w/Red Peppers (1/2c) Red Beans (1/4c) WG Soft Corn Tortilla (25g) 1% Milk (8oz)</p>	<p><b>1/19</b>-*Arroz Con Pollo Chicken (2oz) Green Beans (1/2c) Seasonal Fresh Fruit (1/4c) WG Brown Rice in Entree (1/2c) 1% Milk (8oz)</p>	<p><b>1/20</b>-*Chicken Leg (2oz) Roasted Yellow Squash (1/2c) Peas &amp; Carrots(1/4c) WG Cornbread (31g) 1% Milk (8oz)</p>	<p><b>1/21</b>-*Breaded Fish (2oz) Ketchup &amp; Mayonnaise Sautéed Spinach &amp; Tomatoes (1/2c) Mandarins (1/4c) 100% WW Soft Roll (25g) 1% Milk (8oz)</p>
<p><b>1/24</b>-*Vegetarian Chili (1c) Corn (1/2c) Pears (1/4c) WG Brown Rice (1/2c) 1% Milk (8oz)</p>	<p><b>1/25</b>-*Chicken Nuggets (2oz) Ketchup &amp; Honey Mustard Roasted Broccoli (1/2c) Oven Baked Sweet Potato Fries (1/4c) 100% WG Bread w/Butter (1 slice) 1% Milk (8oz)</p>	<p><b>1/26</b>-Turkey Cuban Sandwich (Turkey, Swiss Cheese &amp; Pickles) Lentil Soup (1/2c) Sliced Tomato &amp; Cucumber (1/2c) 100% WG Soft Roll (25g) Mayonnaise &amp; Mustard 1% Milk (8oz)</p>	<p><b>1/27</b>-*Spanish Chicken (2oz) with Tomatoes &amp; Onion Plantains (1/2c) Steamed Cabbage w/Green Peppers (1/4c) Yellow (WG brown) Rice (1/2c) 1% Milk (8oz)</p>	<p><b>1/28</b>--*Salisbury Steak (2oz) In Mushroom Gravy Peas &amp; Carrots (1/2c) Seasonal Fresh Fruit (1/4c) *Macaroni &amp; Cheese (1/2c) 1% Milk (8oz)</p>
<p><b>1/31</b>-*Lemon Pepper Baked Chicken (2oz) Corn &amp; Tomatoes (1/2c) Pineapple (1/4c) WG Soft Corn Tortilla (25g) 1% Milk (8oz)</p>	<p><b>2/1</b>-*Sloppy Joe, Ground Turkey (2oz) Split Pea Soup (1/2c) Roasted Red Potatoes (1/4c) 100% WW Dinner Roll (25g) Mustard/Ketchup/Mayonnaise 1% Milk (8oz)</p>	<p><b>2/2</b>-*Meatloaf with Beef (2oz) Fresh Mashed Potatoes (1/2c) Green Beans (1/4c) 100% WG Bread w/Butter (1 slice) 1% Milk (8oz)</p>	<p><b>2/3</b>-Seasoned Black Beans (1c) Glazed Carrots (1/2c) Tomato, Cucumber Salad (1c) Light Ranch Dressing Yellow (WG brown) Rice (1/2c) 1% Milk (8oz)</p>	<p><b>2/4</b>-Baked Ziti Pasta Beef in recipe (2oz) Green Peas (1/2c) Salad, Spinach with Carrots (1/2c) Light Vinaigrette Dressing 100% WG Pasta in entrée (1/2c) 1% Milk (8oz)</p>