

TRAAA Spring Menu: April- June 2019 Quarterly Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><b>Day 1:</b>                      BBQ Chicken Breast                      Vegetarian Baked Beans                      Cole Slaw                      Choice: Cornbread or *WW roll w/ margarine                      Fresh Strawberries                      Low-Fat Milk</p>	<p><b>Day 2:</b>                      Turkey Club on *WW bread with Swiss cheese                      Lettuce, tomato and onion                      Potato Salad                      Fresh Orange Sections                      Low-Fat Milk</p>	<p><b>Day 3:</b>                      Choice:                      Chicken or Tuna Salad with lettuce                      Herbed Tomatoes                      Beets                      *WW crackers                      Banana                      Low-Fat Milk</p>	<p><b>Day 4:</b>                      Beef-a-Roni                      Tossed salad with choice of lite dressing                      Seasoned Broccoli                      Fresh Diced Cantaloupe                      Low-Fat Milk</p>	<p><b>Day 5:</b>                      Black-eyed Peas                      Seasoned Cabbage                      Macaroni and Cheese                      Choice: cornbread or *WW roll                      Margarine                      Oat Bran Muffin                      Low-Fat Milk</p>
<p><b>Day 6:</b>                      Hamburger on *WW Bun with lettuce, Tomato and Onion                      Tater Tots                      Vegetarian Baked beans                      Fresh Fruit salad                      Low-Fat milk</p>	<p><b>Day 7:</b>                      Southwest Chicken Fajitas on *WW Tortilla with Lettuce, Tomato and Choice: ^LF                      Sour Cream or Guacamole                      Mexican Rice                      Broccoli Salad                      Fresh Mango                      Low-Fat Milk</p>	<p><b>Day 8:</b>                      Salmon Fillet or Salmon cakes                      Mixed Green Salad w/ choice of lite dressing                      Pickled Beets                      Biscuit                      Banana                      Low Fat Milk</p>	<p><b>Day 9:</b>                      Turkey Meatloaf w/ choice of brown gravy or tomato sauce topping                      English Peas                      Mashed Potatoes                      Choice: Cornbread or *WW roll                      Margarine                      Diced Pineapple                      Low-Fat Milk</p>	<p><b>Day 10:</b>                      Roasted Chicken Breast w/ choice of honey mustard or honey Dijon sauce on the side                      Scalloped corn                      Brussel Sprouts                      ^SF Vanilla Pudding w/ mandarin oranges                      Low fat milk</p>
<p><b>Day 11:</b>                      Boneless Pork Chop                      Lima Beans                      Sauteed Turnip Greens                      Choice: Cornbread or *WW roll                      Margarine                      Diced Watermelon                      Low-Fat Milk</p>	<p><b>Day 12:</b>                      Choice: Lemon Pepper or Plain breaded baked fish                      Wild Rice                      Harvard Beets                      Glazed Carrots                      Fresh Honeydew slices                      Low Fat Milk</p>	<p><b>Day 13:</b>                      Oven Crispy Chicken                      Sweet Potato Fries                      Seasoned Cauliflower and Broccoli Blend                      Cottage Cheese w/ blueberries                      Low Fat Milk</p>	<p><b>Day 14:</b>                      Chef Salad                      *WW Crackers                      Pasta Salad                      Sliced Peaches                      Low-Fat Milk</p>	<p><b>Day 15:</b>                      Navy Beans                      Collard Greens                      Baked Potato                      Margarine                      Angel Food Cake w/ Strawberries                      Low-Fat Milk</p>
<p><b>Day 16:</b>                      Beef Stroganoff                      Seasoned Carrots                      Italian Green Beans                      Tangerine Sections                      Low-Fat Milk</p>	<p><b>Day 17:</b>                      Pinto Beans with Onion Slices                      Stewed Tomatoes and Okra                      Turnip Greens                      Choice: Cornbread or *WW roll                      Margarine                      Cooked Apples w/ cinnamon</p>	<p><b>Day 18:</b>                      ^LS Hot Dog on *WW Bun w/ side of ketchup and mustard                      Vegetarian Baked Beans                      Cole Slaw                      Fresh Grapes                      Low Fat Milk</p>	<p><b>Day 19:</b>                      Baked Chicken                      Parmesan                      *WW Spaghetti and Marinara Sauce                      Spring Salad w/ choice of lite dressing                      Sliced Peaches                      Low-Fat Milk</p>	<p><b>Day 20:</b>                      Taco Salad                      Salsa                      Sweet Corn                      ^LF Cheddar Cheese                      Fat-Free Sour Cream                      Fresh Cantaloupe                      Low-Fat Milk</p>

Meals served with your choice of water, unsweetened tea or coffee

**\*Whole Wheat, Low Sodium, ^Low Fat**