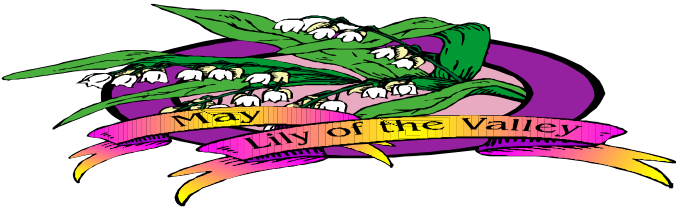


MAY 2012 M.O.W. LUNCH MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 POTATO AND HAM CASSEROLE SUCCOTASH GLAZED CARROTS PINEAPPLE TIDBITS WHOLE GRAIN ROLL	2 HUNGARIAN GOULASH SWEET AND SOUR CABBAGE SWEET PEAS ORANGE WHOLE WHEAT ROLL	3 HOMEMADE MEATLOAF MASHED POTATOES W/ GRAVY STEWED TOMATOES FRUIT COCKTAIL WHOLE WHEAT ROLL	4 MACARONI AND CHEESE SPINACH CARROTS APPLESAUCE WHOLE GRAIN ROLL	5 VEAL ITALIAN PATTY W/ SWISS CH ON EGG NOODLES CREAMED CORN BROCCOLI APPLE SAUCE
6 TENDER BEEF AND BARLEY BRUSSEL SPROUTS CARROTS CHUCKNY APPLESAUCE FRESH WHOLE GRAIN ROLL	7 BARBEQUE CHICKEN THIGH ROASTED SWEET POTATOES TENDER MUSTARD GREENS PEARS BUTTERMILK BISCUIT	8 <i>MOTHERS DAY MEAL</i> HONEY GLAZED HAM STEAK CHEESY HASHBROWNS BAKED MASHED YAMS FRESH BAKED WHOLE GRAIN ROLL CHERRY CHEESECAKE	9 TACO BAKE PINTO BEANS SPANISH RICE TORTILLA CHIPS CINNAMON APPLES	10 CHEESE OMELETT W/ PEPPERS ROASTED REDSKINS WHOLE HOG SAUSAGE LINK WARM PEACH CRISP 1/2 ENGLISH MUFFIN	11 CHEESEBURGER MACARONI SWEET PEAS CARROTS FRUIT COCKTAIL FRESH BAKED ROLL	12 CHICKEN POT PIE GREEN BEANS CORN BUTTERMILK BISCUIT CREAMY COLESLAW
13 <i>Mother's Day</i> GARLIC SAGE MEATLOAF / GRAVY STEWED TOMATOES MASHED POTATOES NAVEL ORANGE FRESH BAKED ROLL	14 CHICKEN AND DUMPLINGS SUCCOTASH SWEET PEAS WHOLE GRAIN ROLL APPLESAUCE	15 TURKEY BURGER ROASTED SWEET POTATOES MUSTARD GREENS BANANA WHEAT HAMBURGER BUN	16 COUNTRY FRIED CHICKEN WITH COUNTRY GRAVY GREEN BEANS MASHED POTATOES FRESH BAKED WHOLE GRAIN ROLL	17 BEEF STROGANOFF LEMON PEPPER CAULIFLOWER STEWED TOMATOES PEARS FRESH BAKED WH. GRAIN ROLL	18 TUNA NOODLE CASSEROLE MIXED VEGETABLES HARVARD BEETS FRESH BRAN MUFFIN 0	19 BBQ CHICKEN WITH BROWN RICE PEAS AND CELERY PEACHES & PEARS MIX BUTTERMILK BISCUIT
20 CHICKEN PENNE WITH BROCCOLI FAR EAST VEGETABLE BLEND CARROTS FRESH BAKED ROLL APPLESAUCE	21 HEARTY BEEF STEW SWEET KERNEL CORN STEWED TOMATOES MANDERINE ORANGES BUTTERMILK BISCUIT	22 TURKEY SAGE LOAF ONION GRAVY GREEN BEANS MASHED POTATOES FRESH BAKED ROLL	23 CHILI MACARONI SWEET & SOUR CABBAGE SWEET PEAS CINNAMON APPLESAUCE SWEET & SOUR CABBAGE	24 SESAME CHICKEN WITH STEAMED BROCCOLI OVER WHITE RICE CARROTS GREEN BEANS	25 SOUTHERN BAKED FISH FILLET FRIED RICE PEA PODS NAVEL ORANGE CORNBREAD	26 SPINACH AND CHEESE QUICHE ROASTED REDSKINS APPLE COBBLER 1/2 ENGLISH MUFFIN
27 DIRTY RICE WITH BEEF AND PORK RED BEANS COLLARD GREENS SWEET CORNBREAD APPLE COBBLER	28 <i>Memorial Day</i> MEAT LASAGNA STEAMED BROCCOLI SAUTEED CARROTS GARLIC HERBED ROLL	29 ROASTED CHICKEN ROASTED REDSKIN POTATOES BLACK EYED PEAS APPLESAUCE BUTTERMILK BISCUIT	30 MEAT CHILI WITH BEANS BROCCOLI WAX BEANS & BELL PEPPERS CRACKERS CORNBREAD	31 SLOPPY JOES BAKED BEANS ROASTED SWEET POTAOES FRUIT COCKTAIL WHEAT BUN		

All meals contain 80-100 grams of carbohydrates, approximately 5-6 carb "servings".
 All menus are trans fat free.
 Menus Subject to change

