|  | h vegetables, fre | vidence Aca Lunch Men <br> canned fruits are ava he Fruit \& Veqetable | ny <br> daily with lunch from |  |
| :---: | :---: | :---: | :---: | :---: |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  $\mathbf{3 0}$ $\mathbf{1}$ <br> Chicken Mini Taco <br> Basmati Rice <br> Roasted Corn   <br> Salsa Cup   <br> Fruit Cup   <br> Included with Lunch: Soup of   <br> the Day \& Salad Bar  $\quad$2 <br> This is for Food 4 Thought |  |  |  |  |
| 6 <br> Chicken Teriyaki <br> Basmati Rice <br> Steamed Vegetable <br> Fortune Cookie <br> Fruit Cup <br> Included with Lunch: Soup of the Day \& Salad Bar | $7$ <br> Sweet Italian Sausage Cavatappi in Tomato Sauce* *Gluten Free Available Garlic Dinner Roll Dessert Treat Included with Lunch: Soup of the Day \& Salad Bar | 8 <br> French Toast Sticks or Buttermilk Pancakes* *Gluten Free Available Sausage Link Tri Tator Yogurt Cup Included with Lunch: Soup of the Day \& Salad Bar | 9 <br> Crispy Orange Chicken <br> Basmati Rice <br> Steamed Vegetable <br> Fruit Cup Included with Lunch: Soup of the Day \& Salad Bar | 10 <br> Italian Dunkers with Marinara* <br> *Gluten Free Available <br> Steamed Vegetable <br> Fruit Cup <br> Included with Lunch: Soup of the Day \& Salad Bar |
| 13 <br> Hot Ham \& Cheese Croissant Carrot Stick Kettle Chips Chocolate Pudding Included with Lunch: Soup of the Day and Salad Bar | 14 <br> Pasta with Meat Sauce* *Gluten Free Available Dinner Roll Dessert Treat Included with Lunch: Soup of the Day \& Salad Bar | 15 <br> Chicken Tenders <br> Roasted Baby Red Potatoes <br> Steamed Vegetables <br> Fruit Cup Included with Lunch: Soup of the Day \& Salad Bar | 16 <br> Meatballs with Gravy <br> Homemade Mashed Potatoes <br> Roasted Corn <br> Dessert Treat Included with Lunch: Soup of the Day \& Salad Bar | 17 <br> Three Cheese Curly Macaroni* <br> *Gluten Free Available <br> Breaded Fish Fillet <br> Steamed Vegetable <br> Dessert Treat <br> Included with Lunch: Soup of the Day \& Salad Bar |
| 20 <br> Tasty ' N Tender Burger with Cheese* *Gluten Free Available Lettuce \& Tomato French Fries Chocolate Pudding Included with Lunch: Soup of the Day \& Salad Bar | 21 <br> Crispy Orange Chicken <br> Basmati Rice <br> Steamed Vegetable <br> Fruit Cup <br> Included with Lunch: Soup of the Day \& Salad Bar | 22 <br> BBQ Pork Sandwich *Gluten Free Available Kettle Chips Carrot Sticks Dessert Treat Included with Lunch: Soup of the Day \& Salad Bar | 23 <br> Oven Roasted Turkey <br> Homemade Mashed Potatoes \& Gravy <br> Steamed Vegetable Dessert Treat Included with Lunch: Soup of the Day \& Salad Bar | 24 <br> Taher Cheese Pizza *Gluten Free Available Small Caesar Salad Ice Cream Cup Included with Lunch: Soup of the Day \& Salad Bar |
| 27 | 28 <br> Chicken Mini Taco <br> Basmati Rice <br> Roasted Corn <br> Salsa Cup <br> Fruit Cup Included with Lunch: Soup of the Day \& Salad Bar | 29 <br> French Toast Sticks or Buttermilk Pancakes* *Gluten Free Available Sausage Link Tri Tator Yogurt Cup Included with Lunch: Soup of the Day \& Salad Bar | 30 <br> Chicken Tenders <br> Roasted Baby Red Potatoes Steamed Vegetables Fruit Cup Included with Lunch: Soup of the Day \& Salad Bar | 31 <br> Grilled Cheese on Texas <br> Toast* <br> *Gluten Free Available <br> Potato Smiles <br> Tomato Soup Goldfish Crackers Included with Lunch: Soup of the Day \& Salad Bar |
| $\frac{u}{2}$ | A beverage selection is included. Choose from: Milk, Small Juice, or Water. Limit 2 per person. <br> Menu questions can be answered by calling the Food Service Director at 763-258-2535. |  |  |  <br> www.taher.com |

