



MENU

DIABETIC FRIENDLY

Pot Roast w/ Gravy, Mashed Potatoes, California Blend Vegetables, Mixed Fruit, Sunflower Seeds, Milk

Chicken Cacciatore, Mashed Potatoes, Broccoli, Wheat Bread, Diced Peaches, Milk

Hamburger w/ Wheat Bun, Peas, Pineapple Bits, Milk

Cubed Steak w/ Mushroom Gravy, Mixed Vegetables, Collard Greens, Applesauce, Wheat Roll, Milk

Pollock Almondine, Diced Carrots, Green Beans, Pineapple Bits, Sunflower Seeds, Milk

Turkey Breast w/ Gravy, Roasted Sweet Potatoes, Green Beans, Sliced Apples, Orange Juice, Milk

Beef & Cabbage Stew, Diced Carrots, Sliced Apples, Whole Wheat Crackers, Peanut Butter Packet, Milk

Italian Bowtie Pasta w/ Beef Broccoli, Red Peppers, Green Beans, Applesauce, Milk

Herb Marinated Chicken, Mashed Potatoes, Wheat Bread, Diced Peaches, Asparagus, Sunflower Seeds, Milk

Smothered Chicken w/ Gravy, Rice Pilaf, Collard Greens, Mandarin Oranges, Milk

Lemon Pepper Chicken, Broccoli, Mashed Potatoes, Pineapple Bits, Sunflower Seeds, Milk

Vegetable Lasagna, Spinach, Capri Vegetables, Diced Peaches, Milk

Scrambled Eggs w/ Sausage, Roasted Potatoes, Shredded Wheat, Spiced Peaches, Milk

Indiana Style Chili Mac, Green Beans, Applesauce, Diced Carrots, Cheese Stick, Milk

Braised Beef, Egg Noodles, Collard Greens, Diced Carrots, Applesauce, Sunflower Seeds, Milk

Swedish Meatballs, Broccoli, Diced Carrots, Brown Rice, Orange Juice, Milk

Chicken Parmesan, California Blend Vegetables, Roasted Potatoes, Diced Peaches, Peanut Butter Packet, Milk

Potato Pollock, Broccoli, Diced Carrots, Mashed Potatoes, Pineapple Bits, Milk

Meatloaf w/ Gravy, Mashed Potatoes, Brussels Sprouts, Mandarin Oranges, Milk

Chicken & Noodles, Broccoli, Wheat Roll, Cheese Stick, Applesauce, Milk