




Washtenaw County October 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Salisbury Beef with Gravy Whipped Potatoes Mixed Vegetables Tossed Salad Whole Grain Roll Fresh Cantaloupe Milk Margarine Salad Dressing <i>757 mg Sodium</i>	2	Honey Mustard Chicken Confetti Rice Broccoli Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing <i>406 mg Sodium</i>	3	Swedish Meatballs Rotini Noodles Sliced Carrots Yellow Squash Whole Grain Roll Fresh Pineapple Milk Margarine <i>911 mg Sodium</i>	4	Pork Roast w/Au Jus Gravy Whipped Sweet Potatoes Green Beans Tossed Salad Whole Wheat Bread Fresh Honeydew Melon Milk Margarine Salad Dressing <i>371 mg Sodium</i>	5	Brunswick Chicken Stew Whole Kernel Corn Spinach Tossed Salad Whole Wheat Bread Fresh Honeydew Melon Milk Margarine Salad Dressing <i>802 mg Sodium</i>
8	Beef Hot Dog Mixed Beans California Vegetable Blend Wheat Hot Dog Bun Fresh Honeydew Melon Milk Mustard <i>880 mg Sodium</i>	9	Sliced Turkey Breast w/Gravy Scalloped Potatoes Green Beans Tossed Salad Whole Wheat Bread Petite Banana Milk Margarine Salad Dressing <i>688 mg Sodium</i>	10	Potato Crusted Fish Macaroni and Cheese Broccoli Coleslaw Whole Grain Roll Fresh Cantaloupe Milk Margarine Tarter Sauce <i>741 mg Sodium</i>	11	Swiss Steak Oven Roasted Potatoes Sliced Beets Tossed Salad Whole Wheat Bread Fresh Pineapple Milk Margarine Salad Dressing <i>735 mg Sodium</i>	12	Baked Chicken Breast Creole Sauce Whole Kernel Corn Spinach Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing <i>615 mg Sodium</i>
15	Macaroni and Cheese Green Beans California Vegetable Blend Whole Grain Roll Fresh Honeydew Melon Milk Margarine <i>853 mg Sodium</i>	16	Lemon Pepper Chicken Whipped Sweet Potatoes Spinach Tossed Salad Cornbread Fresh Cantaloupe Milk Margarine Salad Dressing <i>661 mg Sodium</i>	17	Pork with Supreme Sauce Rice Florentine Glazed Carrots Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing <i>640 mg Sodium</i>	18	Beef with Pepper Gravy Succotash Broccoli Tossed Salad Whole Wheat Bread Fresh Pineapple Milk Margarine Salad Dressing <i>648 mg Sodium</i>	19	Meatloaf with Gravy Whipped Potatoes Brussels Sprouts Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing <i>800 mg Sodium</i>
22	Spaghetti with Meat Sauce Cauliflower Brussels Sprouts Whole Grain Roll Fresh Pineapple Milk Margarine <i>535 mg Sodium</i>	23	Chicken Strips Teriyaki Sauce Steamed Rice Broccoli Sliced Carrots Whole Wheat Bread Fresh Cantaloupe Milk Margarine Salad Dressing <i>927 mg Sodium</i>	24	Beef Jardine Whipped Potatoes Spinach Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing <i>885 mg Sodium</i>	25	Glazed Ham Oven Roasted Potatoes Green Beans Tossed Salad Whole Grain Roll Petite Banana Milk Margarine Salad Dressing <i>989 mg Sodium</i>	26	Beef Stew Confetti Rice Cabbage Tossed Salad Whole Grain Roll Fresh Honeydew Melon Milk Margarine Salad Dressing <i>528 mg Sodium</i>
29	Chicken Marsala Au Gratin Rotini Spinach Beet Salad Whole Grain Roll Fresh Apple Slices Milk Margarine <i>954 mg Sodium</i>	30	Sliced Turkey Breast w/Gravy Cut Yams Green Beans Tossed Salad Whole Grain Roll Fresh Honeydew Melon Milk Margarine Salad Dressing <i>481 mg Sodium</i>	31	Halloween Meal Hamburger Patty Sliced Cheese Lettuce and Tomato Potato Wedges California Vegetable Blend Wheat Hamburger Bun Halloween Snack Cake Milk Mustard Ketchup <i>1226 mg Sodium</i>				

Washtenaw County November 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
<h1 style="font-size: 4em; margin: 0;">GIVE THANKS</h1> <p style="font-size: 1.2em; margin: 0; color: #c00000;">FAMILY • FRIENDS • GRATITUDE</p>						1 Baked Chicken Breast 1 each Tomato Basil Sauce 1 oz Whole Kernel Corn 1/2 cup Broccoli 1/2 cup Whole Grain Roll 1 each Petite Banana 1 each Milk 1 each Margarine 1 each <i>400 mg Sodium</i>		2 Beef with Mushroom Gravy 1 each Whipped Potatoes 1/2 cup Green Peas 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>862 mg Sodium</i>	
5 BBQ Pork Rib Patty 1 each Black-eyed Peas 1/2 cup Spinach 1/2 cup Wheat Hamburger Bun 1 each Fresh Apple Slices 1/2 cup Milk 1 each <i>966 mg Sodium</i>		6 Meatloaf with Tomato Gravy 1 each Whipped Potatoes 1/2 cup Peas and Carrots 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>871 mg Sodium</i>		7 Baked Chicken Breast 1 each Balsamic Onion Sauce 1 oz Au Gratin Potatoes 1/2 cup Brussels Sprouts 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fresh Orange 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>776 mg Sodium</i>		8 Potato Crusted Fish 1 each Confetti Rice 1/2 cup Sliced Beets 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Tartar Sauce 1 each Salad Dressing 1 each <i>743 mg Sodium</i>		9 Taco Meat 1/2 cup Shredded Cheese 1/2 oz Lettuce and Tomato 1 cup Mixed Beans 1 cup Fiesta Vegetable Blend 1/2 cup Corn Tortilla 1 each Fresh Pineapple 1/2 cup Milk 1 each Taco Sauce 1 each <i>744 mg Sodium</i>	
12 CLOSED VETERAN'S DAY		13 POTLUCK		14 Swedish Meatballs 3 each Rotini Noodles 1/2 cup Sliced Carrots 1/2 cup Yellow Squash 1/2 cup Whole Grain Roll 1 each Fresh Pineapple 1/2 cup Milk 1 each Margarine 1 each <i>911 mg Sodium</i>		15 Pork Roast w/Au Jus Gravy 3 oz Whipped Sweet Potatoes 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>371 mg Sodium</i>		16 Brunswick Chicken Stew 1 cup Whole Kernel Corn 1/2 cup Spinach 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Whole Wheat Bread 1/2 cup Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>802 mg Sodium</i>	
19 Beef Hot Dog 1 each Mixed Beans 1/2 cup California Vegetable Blend 1/2 cup Wheat Hot Dog Bun 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Mustard 1 each <i>880 mg Sodium</i>		20 Potato Crusted Fish 1 each Macaroni and Cheese 1/2 cup Broccoli 1/2 cup Coleslaw 1/2 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Tarter Sauce 1 each <i>741 mg Sodium</i>		21 Swiss Steak 1 each Oven Roasted Potatoes 1/2 cup Sliced Beets 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fresh Pineapple 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>735 mg Sodium</i>		23 <i>Closed for Holiday</i> <div style="text-align: center;">  <p style="font-size: 1.5em; color: #c00000; margin: 0;">Happy Thanksgiving</p> </div>			
26 Macaroni and Cheese 3/4 cup Green Beans 1/2 cup California Vegetable Blend 1/2 cup Whole Grain Roll 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each <i>853 mg Sodium</i>		27 Lemon Pepper Chicken 1 piece Whipped Sweet Potatoes 1/2 cup Spinach 1/2 cup Tossed Salad 1 cup Cornbread 1 piece Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>661 mg Sodium</i>		28 Pork with Supreme Sauce 3 oz Rice Florentine 1/2 cup Glazed Carrots 1/2 cup Tossed Salad 1 cup Tossed Salad 1 cup Whole Grain Roll 1 each Peach Half 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>640 mg Sodium</i>		29 Beef with Pepper Gravy 1 each Succotash 1/2 cup Broccoli 1/2 cup Tossed Salad 1 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fresh Pineapple 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>648 mg Sodium</i>		30 Meatloaf with Gravy 1 each Whipped Potatoes 1/2 cup Brussels Sprouts 1/2 cup Tossed Salad 1 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Apple Slices 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>800 mg Sodium</i>	

Washtenaw County December 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
3	Spaghetti with Meat Sauce 1 cup Cauliflower 1/2 cup Brussels Sprouts 1/2 cup Whole Grain Roll 1 each Fresh Pineapple 1/2 cup Milk 1 each Margarine 1 each <i>535 mg Sodium</i>	4	Chicken Strips 3 oz Teriyaki Sauce 1 oz Steamed Rice 1/2 cup Broccoli 1/2 cup Sliced Carrots 1/2 cup Whole Wheat Bread 1 slice Fresh Cantaloupe 1 each Milk 1 each Margarine 1 each <i>927 mg Sodium</i>	5	Beef Jardine 1 each Whipped Potatoes 1/2 cup Spinach 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Apple Slices 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>885 mg Sodium</i>	6	Glazed Ham 3 oz Oven Roasted Potatoes 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Petite Banana 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>989 mg Sodium</i>	7	Beef Stew 1 cup Confetti Rice 1/2 cup Cabbage 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>528 mg Sodium</i>
10	Chicken Marsala 1 piece Au Gratin Rotini 1/2 cup Spinach 1/2 cup Beet Salad 1/2 cup Whole Grain Roll 1 each Fresh Apple Slices 1/2 cup Milk 1 each Margarine 1 each <i>954 mg Sodium</i>	11	Hamburger Patty 1 each Lettuce and Tomato 1/4 cup Ranch Beans 1/2 cup California Vegetable Blend 1/2 cup Wheat Hamburger Bun 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Mustard 1 each Ketchup 1 each <i>679 mg Sodium</i>	12	Sliced Turkey Breast w/Gravy 3 oz Cut Yams 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>481 mg Sodium</i>	13	Beef with Mushroom Gravy 1 each Whipped Potatoes 1/2 cup Green Peas 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>862 mg Sodium</i>	14	Baked Chicken Breast 1 each Tomato Basil Sauce 1 oz Whole Kernel Corn 1/2 cup Broccoli 1/2 cup Whole Grain Roll 1 each Petite Banana 1 each Milk 1 each Margarine 1 each <i>400 mg Sodium</i>
17	Meatloaf with Tomato Gravy 1 each Whipped Potatoes 1/2 cup Peas and Carrots 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>871 mg Sodium</i>	18	Potato Crusted Fish 1 each Confetti Rice 1/2 cup Sliced Beets 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Tartar Sauce 1 each Salad Dressing 1 each <i>743 mg Sodium</i>	19	Baked Chicken Breast 1 each Balsamic Onion Sauce 1 oz Au Gratin Potatoes 1/2 cup Brussels Sprouts 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fresh Orange 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>776 mg Sodium</i>	20	BBQ Pork Rib Patty 1 each Black-eyed Peas 1/2 cup Spinach 1/2 cup Wheat Hamburger Bun 1 each Fresh Apple Slices 1/2 cup Milk 1 each <i>966 mg Sodium</i>	21	Taco Meat 1/2 cup Shredded Cheese 1/2 oz Lettuce and Tomato 1 cup Mixed Beans 1 cup Fiesta Vegetable Blend 1/2 cup Corn Tortilla 1 each Fresh Pineapple 1/2 cup Milk 1 each Taco Sauce 1 each <i>744 mg Sodium</i>
24	Closed for Holiday 	25	Christmas Meal Pork Roast w/Au Jus Gravy 3 oz Whipped Potatoes 1/2 cup Green Peas 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Apple Pie 1 slice Milk 1 each Margarine 1 each Salad Dressing 1 each <i>716 mg Sodium</i>	26	Salisbury Beef with Gravy 1 each Whipped Potatoes 1/2 cup Mixed Vegetables 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>757 mg Sodium</i>	27	Honey Mustard Chicken 1 piece Confetti Rice 1/2 cup Broccoli 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Peach Half 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>406 mg Sodium</i>	28	Swedish Meatballs 3 each Rotini Noodles 1/2 cup Sliced Carrots 1/2 cup Yellow Squash 1/2 cup Whole Grain Roll 1 each Fresh Pineapple 1/2 cup Milk 1 each Margarine 1 each <i>911 mg Sodium</i>
31	Closed for Holiday 