



XPRESS CHEFS SAMPLE SCHOOL MENU



All meals include 1/2 pint milk unless otherwise ordered

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Teri Chicken Steamed Brown Rice Mixed Vegetables Mandarin Oranges Wheat Bread w/Margarine	4 Curry Chicken Stew-Local Style Steamed Brown Rice Garden Salad w/Dressing Fresh Fruit Wheat Bread w/ Margarine	5 Baked Spaghetti Garlic Bread Green Beans Pears	6 Okianwan Pork-Local Style Steamed Brown Rice Asian Salad Peaches Wheat Bread w/Margarine	7 Grilled Fish with Lemon Steamed Brown Rice Green Peas Pineapple Wheat Bread w/ Margarine
10 Chicken Long Rice Steamed Brown Rice Carrots Mixed Fruit Wheat Bread w/Margarine	11 Turkey Chili Steamed Brown Rice Mixed Vegetables Banana Wheat Bread w/Margarine	12 Seafood Casserole Steamed Brown Rice Green Beans Orange Sections Wheat Bread w/Margarine	13 Pork Tofu - Local Style Steamed Brown Rice Garden Salad w/ Dressing Peaches Wheat Bread w/Margarine	14 Tuna Sandwich Corn Chowder Curry Pea Salad Pears
17 Baked Chicken w/ Gravy Mashed Potatoes Green Beans Mandarin Oranges Wheat Bread w/ Margarine	18 Kalua Turkey & Cabbage Steamed Brown Rice Lomi Tomato Fresh Fruit Wheat Bread w/Margarine	19 Beef Stew-Local Style Steamed Brown Rice Corn Mixed Fruit Cup Wheat Bread w/Margarine	20 Pulled Chicken w/ BBQ Sauce on Bun Vegetable Soup Coleslaw Banana	21 Smoked Salmon w/Caper Sauce Steamed Brown Rice Peas and Carrots Peaches Wheat Bread w/ Margarine
24 Chili Macaroni Mixed Vegetables Applesauce Wheat Bread w/Margarine	25 Pork Guisantes-Local Style Steamed Brown Rice Peas Fresh Fruit Wheat Bread w/Margarine	26 Roast Turkey w/ Gravy Mashed Potato Dressing Green Beans Tapioca Pudding	27 Chicken Cacciatore Spaghetti Garden Salad w/ Dressing Mixed Fruit Wheat Bread w/Margarine	29 Breaded Fish, Tartar Sauce Steamed Brown Rice Carrots Mixed Fruit Wheat Bread w/ Margarine

All meals are prepared in accordance with the USDA school lunch guidelines. In the operation of USDA's food service programs, no one will be discriminated against because of race, color, national origin, sex, age, or disability. If you believe you have been discriminated against, Write to: Administrator, Food and Consumer Service, U.S. Department of Agriculture, 3101 Park Center Drive, Alexandria, VA 22302 Menu Subject to Change Without Notice"

