

HOT MENU – LEHIGH COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Meatball Hoagie Roasted Potato Wedges Broccoli Whole Wheat Bun Pound Cake	Pork and Sauerkraut Mashed Potatoes Green Beans Whole Grain Dinner Roll Cinnamon Applesauce	Breaded Fish Coleslaw Macaroni and Cheese Cottage Cheese and Fruit	BBQ Turkey Roasted Sweet Potatoes Green Beans Cornbread Chocolate Pudding	Beef Pot Pie Mashed Potatoes Peas and Pearl Onions Whole Grain Biscuit Fresh Grapes
10	11	12	13	14
Scrambled Eggs, Sausage Breakfast Potatoes Peppers and Onions Whole Grain Bread Fresh Orange	Beef Sloppy Joe Potato Wedges Butternut Squash Soup Whole Wheat Bun Jello	Sweet and Sour Pork Asian Vegetable Blend Lo Mein Noodles Mandarin Oranges	Meatloaf Mashed Potatoes Carrots Whole Grain Dinner Roll Fruit and Yogurt	Chicken Fingers w/Honey Mustard Scandinavian Veg Blend Spinach Salad Whole Grain Dinner Roll Brownie
17	18	19	20	21
Smothered Pork Boiled New Potatoes Brussels Sprouts Whole Grain Dinner Roll Rice Pudding	Swedish Meatballs Mixed Vegetables WG Buttered Noodles Fresh Melon	Lemon Pepper Fish Scalloped Potatoes Broccoli Whole Grain Dinner Roll Fruit Cobbler	Chicken Parmesan Italian Vegetable Blend WG Penne w/Sauce Fresh Orange	Cheeseburger Macaroni Winter Vegetable Blend LS Tomato Soup WG Macaroni Oreo Pudding
24	25	26	27	28
Roast Turkey and Gravy Mashed Sweet Potatoes Green Beans Bread Stuffing Pumpkin Mousse	Cheeseburger Roasted Potato Wedges Broccoli and Cauliflower Whole Wheat Bun Chocolate Chip Cookie	Cranberry Glazed Pork Sliced Beets Brussels Sprouts Whole Grain Dinner Roll Fresh Apple Slices	Turkey Meatballs w/Sauce Capri Vegetable Blend Garden Salad WG Spaghetti w/Sauce Diced Pears	Beef Patty with Gravy Mashed Potatoes Peas and Carrots Whole Grain Dinner Roll Rice Pudding
31	<h1>OCTOBER</h1> <h1>2022</h1>			
Honey Mustard Chicken Cauliflower and Peas Br Rice Pilaf Peaches				

LITE FARE MENU- Lehigh County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Turkey Coleslaw Pita Potato Salad Whole Wheat Pita Fresh Fruit Salad	Antipasto Salad Salad Vegetables WW Dinner Roll Fresh Banana	Smoked Turkey & Cheddar Sandwich Beet Cucumber Onion Salad Pretzel Roll Fresh Orange	Harvest Chicken Salad Salad Vegetables WW Dinner Roll Fresh Melon	Roast Beef & Cheddar Sandwich Broccoli Salad WW Sandwich Roll Fresh Pear
10	11	12	13	14
Mediterranean Chicken Pita Tomato Onion Olive Salad Pita Bread Fresh Orange	Spring Turkey Salad Salad Vegetables WW Dinner Roll Pineapple	Turkey BLT Bagel Coleslaw Bagel Fresh Fruit Salad	Beef & Blue Cheese Salad Salad Vegetables WW Dinner Roll Pineapple	Turkey Club Wrap Broccoli Salad Whole Wheat Tortilla Fresh Apple Slices
17	18	19	20	21
Roast Beef Club Sandwich Four Bean Salad Club Roll Fresh Orange	BBQ Chicken Salad Salad Vegetables WW Dinner Roll Fresh Fruit Salad	Cranberry Tky Salad Sandwich Lentil Salad WW Sandwich Roll Fresh Orange	Mediterranean Chicken Salad Salad Vegetables WW Dinner Roll Pineapple	Deli Sandwich Four Bean Salad WW Roll Fresh Melon
24	25	26	27	28
Turkey Cobb Salad Salad Vegetables WW Dinner Roll Fresh Banana	Turkey Coleslaw Pita Potato Salad Whole Wheat Pita Fresh Fruit Salad	Antipasto Salad Salad Vegetables WW Dinner Roll Fresh Banana	Smoked Turkey & Cheddar Sandwich Beet Cucumber Onion Salad Pretzel Roll Fresh Orange	Harvest Chicken Salad Salad Vegetables WW Dinner Roll Fresh Melon
31	<h1>OCTOBER</h1> <h1>2022</h1>			
Roast Beef & Cheddar Sandwich Broccoli Salad WW Sandwich Roll Fresh Pear				