

October

2024



# Lunch, 500 Calorie

### Lunch:

The 500 calorie meals are planned to be as close to 500 calories as possible, however, the nutritional content will vary slightly from day to day.

### Beverages:

All meals have 1/2 pint of fat free milk factored into the calorie count. If milk is not the desired beverage water, unsweetened tea, or other zero calorie beverages are recommended.

If you have special requests or concerns, please ask your server or see contact information below:

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Cheese Ravioli Spaghetti Sauce Italian Vegetables Fresh Fruit Choice of Milk	2 Open Faced Grilled Chicken BLT (1 slice of bread) Corn on the Cob Warm Spiced Apples Choice of Milk	3 Hot Dog (no bun) Cali Blend Veggies Onion Rings Fresh Fruit Choice of Milk	4 Beef Stew Cauliflower Casserole Applesauce Choice of Milk	5 Honey Garlic Chicken Steamed Broccoli Brown Rice Choice of Milk
6 Cheeseburger (no bun) Lettuce & Tomato Pickle Slices Fresh Fruit Choice of Milk	7 Taco Salad Salsa Sour Cream Corn Fresh Fruit Choice of Milk	8 Chili w/ Beans Potato Wedges Fresh Fruit Choice of Milk	9 Chicken & Dumplings Seasoned Green Beans Fresh Fruit Choice of Milk	10 Steak & Cheese Bowl Peppers & Onions Fresh Fruit Choice of Milk	11 Cheese Pizza Cucumber Tomato Salad Tropical Fruit Cup Choice of Milk	12 Meatballs w/ Marinara Sauce Italian Vegetables Fresh Fruit Choice of Milk
13 Chicken Tenders French Fries Applesauce Choice of Milk	14 Chicken Mashed Potato & Gravy Bowl (diced chicken) Peaches Choice of Milk	15 Hot Dog (no bun) Onion Rings Peas & Carrots Applesauce Choice of Milk	16 Grilled Cheese Sandwich Smashed Broccoli Pears Choice of Milk	17 Cheeseburger (no bun) Lettuce, Tomato, Pickle Sidewinder Fries Fresh Fruit Choice of Milk	18 Fish Sticks Cole Slaw Applesauce Choice of Milk	19 Steak & Cheese Bowl Peppers & Onions Applesauce Choice of Milk
20 Chicken Parmesan (grilled chicken breast) Marinara Sauce Mozzarella Cheese Garlic Roast Broccoli Choice of Milk	21 Boneless Wings w/ Choice of Sauce (BBQ or Buffalo) Celery w/ Ranch Fresh Fruit Choice of Milk	22 Taco Salad Salsa Sour Cream Applesauce Choice of Milk	23 Lasagna Italian Vegetables Fresh Fruit Choice of Milk	24 Hamburger (no bun) Lettuce & Tomato Parmesan Roasted Broccoli Fresh Fruit Choice of Milk	25 Grilled Chicken Breast Caesar Salad Baby Carrots w/ Ranch Applesauce Choice of Milk	26 Chicken Nachos Seasoned Diced Chicken over Tortilla chips w/ Salsa, Sour Cream & Cheese Applesauce Choice of Milk
27 Turkey Burger (no bun) Caesar Salad Choice of Milk	28 Korean Beef Tacos Asian Carrot & Pepper Slaw Brown Rice Sliced Pears Choice of Milk	29 Dry Rubbed BBQ Chicken Corn Casserole Pineapple Choice of Milk	30 Spaghetti & Meat Sauce Parm Roasted Zucchini Applesauce Choice of Milk	31 Spooky Fingers (Chicken Fingers) Wiches Brew Stew (Broccoli & Cheese Soup) Applesauce Choice of Milk		