



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joe Roasted Sweet Potatoes Brussel Sprouts w/ Onion WG Bun Diced Pineapple Milk	2 Chicken Parmesan Parmesan Cheese Apples w/Cherries & Almonds Roasted Potatoes Wheat Bread Mango Cup Milk	3	4 Turkey Ham & Beans Diced Beets Diced Carrots Corn Bread Mixed Fruit Milk	5
8 Oven Fried Chicken Collard Greens Whipped Sweet Potatoes Orange Juice Milk	9 Smoked Pork Sausage w/Peppers & Onions Peas Roasted Potatoes Wheat Bread Strawberry Applesauce Milk	10	11 Pot Roast w/Gravy Mashed Potatoes Broccoli Wheat Bread Applesauce Milk	12
15 Grilled Hamburger Mac & Cheese Festive Green Beans Diced Pineapple WG Bun Milk	16 Beef Tortellini Carrots Green Beans Mixed Fruit Milk 	17	18 Bagel w/ Pork Sausage, Egg & Cheese Roasted Sweet Potatoes Sliced Apples Milk	19
22 Sliced Turkey w/ Southwest Pasta Corn Peas Pudding Cup Milk	23 Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Milk	24	25 Indiana Style Chili Mac Mixed Veggies Applesauce Corn Bread Milk	26
29 Smothered Chicken Breast w/ Gravy White and Wild Rice Key West Veggies Birthday Treat Milk	30 Chicken & Noodles Rosemary Potatoes Broccoli Wheat Roll Diced Pears Milk			Cultural Meal Day 

*Menus are subject to change based on product availability.

<https://cicoa.org/menu>