WEEK OF MONDAY, MARCH 15

MONDAY
Entrée:  Chicken Alfredo Pasta  cal 988
         Veggie Alfredo Pasta   cal 303
         Steamed Vegetables    cal 15
         Fresh Garden Salad    cal 80

TUESDAY
Entrée:  Chicken Kabobs        cal 220
         Steamed Rice          cal 121
         Steamed Vegetables    cal 15
         Fresh Garden Salad    cal 80

Include-Regular or Veggie Option
with vegetables & small side salad

WEDNESDAY
Entrée:  Chicken/Stuffed with Spinach cal 820
         Veggie Lasagna         cal 440
         Steamed Rice          cal 121
         Steamed Vegetables    cal 15
         Fresh Garden Salad    cal 80

THURSDAY
Entrée:  Beef Kabobs           cal 252
         Steamed Rice          cal 121
         Steamed Vegetables    cal 15
         Fresh Garden Salad    cal 80

FRIDAY
     Shrimp Pita           cal 324
     Chicken Pita          cal 265
     Steamed Vegetables    cal 15
     Fresh Garden Salad    cal 80