



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	7	8	9	10
14	15	16	17	18
21	22	23 Crunchy Frito Pie Crisp Romaine Lettuce Cherry Tomatoes Soft Flour Tortilla Alt: Italian Sub	24 Cheesy Beef Pasta Bake Garlic Breadstick Mixed Vegetables Fresh Celery Sticks Alt: Turkey Wrap	25 Cheeseburger Crisp Baked Fries Fresh Garden Salad Alt: Ham Wrap
28 Chicken Burrito Tater Tots Fresh Broccoli Alt: Turkey Sub	29 Golden Corn Dog Coleslaw Fresh Baby Carrots Alt: Ham Sub	30 Cheesy Beef Nachos Refried Beans Crisp Romaine Lettuce Fresh Diced Tomatoes Alt: Italian Sub	31 Warm BBQ Chicken Sandwich Roasted Potatoes Diced Tomatoes Alt: Turkey Wrap	

NUTRITION BAR

Included with your meal and offered daily.
Choose from a variety of fresh fruits or vegetables.

For questions and comments, please email Sherri Lohorst FSD
boydenhull@aviands.com or call 712-725-2381





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pepperoni Pizza Crisp Garden Salad Fresh Broccoli Alt: Ham Wrap
4 Crispy Chicken Parmesan w/Spaghetti Mixed Vegetables Alt: Turkey Sub	5 Creamy Chicken & Rice Casserole Steamed Green Beans Fresh Baby Carrots Alt: Ham Sub	6 Zesty Tachos Spanish Rice Crisp Romaine Lettuce Fresh Diced Tomatoes Pinto Beans Alt: Italian Sub	7 Homemade Mac & Cheese Breadstick Steamed Peas Fresh Baby Carrots Alt: Turkey Wrap	8 Cheeseburger Fresh Garden Salad Crisp Baked Fries Alt: Ham Wrap
11 Cheesy Baked Ziti Sweet Corn Fresh Broccoli Trees Alt: Turkey Sub	12 Crunchy Frito Pie Zesty Spanish Rice Pinto Beans w/Salsa Fresh Diced Tomatoes Crisp Romaine Lettuce Alt: Ham Sub	13 Roasted Turkey w/Gravy Dinner Roll Mashed Potatoes Crunchy Baby Carrots Alt: Italian Sub	14 Sweet & Sour Chicken Nuggets Brown Rice Orange Glazed Carrots Fresh Broccoli Alt: Turkey Wrap	15 Pepperoni Pizza Crisp Garden Salad Steamed Green Beans Alt: Ham Wrap
18 French Toast Sticks Scrambled Eggs Tator Tots Crunchy Baby Carrots Alt: Turkey Sub	19 Crispy Chicken Parmesan Spaghetti Steamed Italian Vegetables Alt: Ham Sub	20 BBQ Pulled Pork Sandwich Sweet Potato Waffle Fries Sweet Corn Alt: Italian Sub	21 Cheesy Beef Nachos Pinto Beans Salsa Alt: Turkey Wrap	22 Cheeseburger Jo Jo's Fresh Garden Salad Alt: Ham Wrap
25 Fiesta Lasagna Spanish Rice Refried Beans Crisp Romaine Lettuce Fresh Diced Tomatoes Alt: Turkey Sub	26 Crispy Chicken Bowl Mashed Potatoes Fresh Baby Carrots Alt: Ham Sub	27 Spaghetti w/ Meat Sauce Garlic Breadstick Italian Vegetables Alt: Italian Sub	28 Walking Taco Spanish Rice Mexi-corn Crisp Romaine Lettuce Alt: Turkey Wrap	29 Cheese Pizza Garden Salad Green Beans Alt: Ham Wrap

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