



SWTJC Sub



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



4

5

Baked Chicken
Chicken Fried Steak
Mashed Potatoes
Corn
Rolls

6

Roast Beef
Fried Chicken
Roasted Potatoes
Green Beans
Rolls

7

BBQ Ribs
Smoked Sausage
Rice & Beans

8

Fried Catfish
Crispy Beef Tacos
Tater Tots
Squash

11

Stuffed Bell Peppers
Grilled Chicken Breast
Mac & Cheese
Edamame Beans
Rolls

12

Enchiladas
Chicken Fajitas
Rice & Beans
Tortillas

13

Roasted Turkey
Grilled Pork Chops
Mashed Potatoes
Green Beans
Rolls

14

Brisket
Smoked Sausage
Rice & Beans

15

Hamburgers
Beef Quesadillas
Curly Fries
Mixed Veg

18

Lasagna
Tuscan Chicken
Buttered Pasta
Broccoli
Garlic Bread

19

Enchiladas
Chicken Mole
Rice & Beans
Tortillas

20

Meatloaf
Baked Chicken
Scalloped Potatoes
Green Beans
Rolls

21

Smoked Pork Shoulder
Sausage
Rice & Beans

22

Chicken Taco Salad
Popcorn Shrimp
Fideo
Calabasas

25

Fried Catfish
Salisbury Steak Ranchero
Rice Pilaf
Corn
Rolls

26

Enchiladas
Carne Guisada
Rice & Beans

27

Orange Chicken
Roasted Pork Loin
Cilantro Rice
Broccoli

28

BBQ Ribs
Smoked Sausage
Rice & Beans

29

Hamburgers
King Ranch Casserole
Curly Fries
Green Beans