

| January | | | | | | |
|---------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

| February | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | | | |

| March | | | | | | |
|-------|----|----|----|----|----|----|
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | | | |

| April | | | | | | |
|-------|----|----|----|----|----|----|
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| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

| May | | | | | | |
|-----|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| June | | | | | | |
|------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

| July | | | | | | |
|------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| August | | | | | | |
|--------|----|----|----|----|----|----|
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| September | | | | | | |
|-----------|----|----|----|----|----|----|
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

| October | | | | | | |
|---------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

| November | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

| December | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| January | | | | | | |
|---------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | | | |

| February | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | | | |

| March | | | | | | |
|-------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

| April | | | | | | |
|-------|----|----|----|----|----|----|
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

| May | | | | | | |
|-----|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| June | | | | | | |
|------|----|----|----|----|----|----|
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

| July | | | | | | |
|------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
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| August | | | | | | |
|--------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| September | | | | | | |
|-----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

| October | | | | | | |
|---------|----|----|----|----|----|----|
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| November | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

| December | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

Week 5

Week 4

Week 3

Week 2

Week 1



Mobile Meals of La Crosse, Inc.

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La Crosse, WI 54601-3939

608-784-4623

LaCrosseMobileMeals@gmail.com

mobilemealsoflacrosse.org

| WEEK 1 | | | | | | |
|-------------------------------|----------------------------------|------------------------------------|--------------------------|-----------------------|--|------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Chicken Alfredo with Broccoli | Meatloaf with Gravy | Lasagna | Thyme and Garlic Turkey | Garlic Herb Pork Loin | Pesto Crusted Cod | Roast Beef with Gravy |
| Dill Carrots | Sour Cream Chive Mashed Potatoes | Roasted Mushrooms | Garlic Mashed Potatoes | Macaroni and Cheese | Potatoes with Pesto | Parmesan Hashbrown |
| Roasted Cherry Tomatoes | Italian Style Vegetable Medley | Zucchini and Squash | Roasted Brussels Sprouts | Corn | Glazed Carrots and Parsnips | Green Beans |
| Green Salad | Watermelon | Spinach Salad | Beets | Applesauce | Cottage Cheese | Peaches |
| Orange Gelatin | Graham Crackers | Grapes | Apple Crisp | Red Gelatin | Vanilla Wafers | Vanilla Pudding |
| Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread |
| 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| EXTENDED MEAL | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Tuna Salad Sandwich on Wheat | Turkey and Cheese Croissant | Berry Pecan Chicken Salad Sandwich | Roast Beef Wrap | Egg Salad Sandwich | Grilled Chicken and Provolone Sandwich | Ham and Swiss Sandwich |
| Fresh Fruit Cup | Kale Salad | Barley Almond Salad | Pesto Medley Salad | Fruit Cocktail | Coleslaw | Pineapple |

| WEEK 2 | | | | | | |
|---------------------|-----------------------------|-------------------------------|------------------------|-----------------------------------|--------------------------------|-------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Swiss Steak | Chicken Marsala | Chicken Fajita | Grilled Salmon | Brisket | Corn Flake Crusted Fish | Lemon Pepper Pork |
| Brown Rice | Egg Noodles | Spanish Rice | Red Beans and Rice | Sour Cream Garlic Mashed Potatoes | Sweet Potato and Pepper Hash | Roasted Potatoes |
| Roasted Cauliflower | Asparagus | Peppers and Onions | Zucchini with Tomatoes | Corn with Pimento | Green Beans | Spinach and Kale Gratin |
| Coleslaw | Green Salad | Black Bean and Corn Salad | Cottage Cheese | Green Salad | Broccoli and Cauliflower Salad | Citrus Garden Salad |
| Fruit Cocktail | Chocolate Chip Cookie | Citrus Gelatin | Apple Crisp | Oreos | Vanilla Pudding | Applesauce |
| Whole Wheat Bread | Whole Wheat Bread | Flour Tortilla | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread |
| 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| EXTENDED MEAL | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Tuna Salad on Wheat | Turkey and Cheddar on White | Roast Beef and Swiss on Wheat | Egg Salad Sandwich | Ham and Swiss Sandwich | Corned Beef and Swiss on Rye | Harvest Chicken Salad |
| Grapes | Couscous Salad | Diced Peaches | Tomato Cucumber Salad | Mandarin Oranges | Sliced Beets | Pineapple |

| WEEK 3 | | | | | | |
|--------------------------|---------------------------------|-------------------------------|----------------------------|----------------------------------|------------------------------|--------------------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Chicken Tenders | Penne with Meat Sauce | Meatballs with Mushroom Gravy | Turkey with Gravy | London Broil | Fish with Fruit Salsa | Chicken Pot Pie |
| Macaroni and Cheese | Roasted Mushrooms | Egg Noodles | Garlic Mashed Potatoes | Barley, Mushroom, and Brown Rice | Dijon Roasted Potatoes | Puff Pastry |
| Brussels Sprouts | Broccoli | Sautéed Vegetable Medley | Tomato Basil Summer Squash | Balsamic Root Veggies | Summer Succotash | Sugar Snap Peas |
| Celery and Carrot Sticks | Green Salad | Tomato Cucumber Salad | Beets | Cottage Cheese | Coleslaw | Pineapple |
| Honeydew | Orange Gelatin | Oatmeal Raisin Cookie | Chocolate Pudding | Watermelon | Cantaloupe | Vanilla Wafers |
| Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Dinner Roll |
| 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| EXTENDED MEAL | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Egg Salad on White | Roast Beef and Cheddar Sandwich | Poppy Seed Chicken Salad Pita | Ham and Cheese Croissant | Tuna Salad on White | Turkey and Mozzarella Hoagie | Grilled Chicken and Cheddar Sandwich |
| Apricots | Cottage Cheese | Fruit Cocktail | Celery and Carrot Sticks | Pears | Fruit and Grain Salad | Coleslaw |

| WEEK 4 | | | | | | |
|-------------------------------|----------------------|----------------------------------|-----------------------|------------------------|-------------------------------------|-------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Sweet Soy Pork | Roast Beef and Gravy | Southwest Beef | Meat Sauce | Fire Braised Chicken | Potato Crusted Cod | Garlic Herb Pork Loin |
| White Rice | Fingerling Potatoes | Spanish Rice | Spaghetti | Mashed Potatoes | Potato Wedges | Roasted Rosemary Potato |
| Stir Fry Veggie Blend | Roasted Carrots | Southwestern Grilled Vegetables | Asparagus | Sugar Snap Peas | Green Beans | Butternut Squash |
| Mandarin Oranges | Spinach Salad | Shredded Cheese, Lettuce, Tomato | Cucumbers with Hummus | Green Salad | Broccoli and Cauliflower Salad | Tomato Cucumber Salad |
| Citrus Gelatin | Shortbread Cookies | Graham Crackers | Oatmeal Raisin Cookie | Chocolate Chip Cookie | Oreos | Applesauce |
| Whole Wheat Bread | Whole Wheat Bread | Flour Tortilla | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread |
| 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| EXTENDED MEAL | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Roast Beef and Swiss Sandwich | Chicken Caesar Wrap | Corned Beef and Swiss on Rye | Egg Salad Sandwich | Ham and Swiss Sandwich | Pesto Turkey and Provolone on White | Tuna Salad Sandwich |
| Greek Salad | Baked Potato Chips | Fresh Fruit Cup | Brown Rice Salad | Watermelon | Blueberry Feta Salad | Mixed Fruit |

| WEEK 5 | | | | | | |
|--------------------------------|---------------------------------|-------------------------------|-----------------------|------------------------------------|--------------------------|-------------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Turkey Burger with Cheese | Chicken Parmigiana | Meatballs with Mushroom Gravy | Grilled Shrimp | Brisket | Soy Grilled Salmon | Chicken Tenders |
| Potato Chips | Linguine with Marinara | Egg Noodles | Mashed Sweet Potatoes | Parmesan Mashed Potatoes | Rice | Macaroni and Cheese |
| Grilled Zucchini and Squash | Tomato Basil Green Beans | Parmesan Roasted Carrots | Braised Cabbage | Brussels Sprouts | Roasted Cauliflower | Broccoli |
| Celery and Carrot Sticks | Green Salad | Pineapple | Cottage Cheese | Coleslaw | Honeydew and Cantaloupe | Spinach Salad |
| Strawberries | Watermelon | Orange Gelatin | Graham Crackers | Vanilla Wafers | Chocolate Pudding | Fruit Cocktail |
| Burger Bun | Dinner Roll | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread | Whole Wheat Bread |
| 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk | 2% Milk |
| EXTENDED MEAL | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Harvest Chicken Salad on Wheat | Roast Beef and Cheddar Sandwich | Turkey and Cheddar on Rye | Egg Salad Sandwich | Grilled Chicken and Swiss Sandwich | Ham and Cheese Croissant | Tuna Salad on White |
| Peaches | Kale Salad | Spinach Strawberry Salad | Garbanzo Bean Salad | Potato Salad | Citrus Garden Salad | Cucumbers and Carrots w/Ranch |