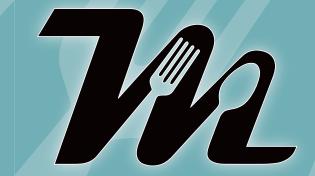
2 3 4 9 10 11 16 17 18 23 24 25 30 31 August	2 3 4 9 10 11 5 17 18 8 24 25 0 31	20 21 15 16 17 18 2 3 4 25 27 28 22 23 24 25 29 30 31 August	5     6     7     1     2     3     4       12     13     14     8     9     10     11       19     20     21     15     16     17     18       26     27     28     22     23     24     25       29     30     31       29     30     31       August	5     6     7     1     2     3     4       12     13     14     8     9     10     11       19     20     21     15     16     17     18       26     27     28     22     23     24     25       29     30     31	4     5     6     7     1     2     3     4       11     12     13     14     8     9     10     11       18     19     20     21     15     16     17     18       25     26     27     28     22     23     24     25       29     30     31    August	2 3 4 5 6 7 1 2 3 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2         3         4         5         6         7         1         2         3         4           9         10         11         12         13         14         8         9         10         11           16         17         18         19         20         21         15         16         17         18           23         24         25         26         27         28         22         23         24         25           30         30         31         30         31         31         31	6         1         2         3         4         5         6         7         1         2         3         4           13         8         9         10         11         12         13         14         8         9         10         11           20         15         16         17         18         19         20         21         15         16         17         18           27         22         23         24         25         26         27         28         22         23         24         25	5     6     1     2     3     4     5     6     7     1     2     3       12     13     13     14     15     15     15     10     11     12     13     14     8     9     10       10     <	5         6         1         2         3         4         5         6         7         1         2         3           12         13         8         9         10         11         12         13         14         8         9         10	4 5 6 1 2 3 4 5 6 7 1 2 3
9 10 23 24 30 31	21     8     9     10     11       21     15     16     17     18       28     22     23     24     25       29     30     31	20 21 15 16 17 18 27 28 22 23 24 25 29 30 31 August	12 13 14 8 9 10 11 19 20 21 15 16 17 18 26 27 28 22 23 24 25 29 30 31	11     12     13     14     8     9     10     11       18     19     20     21     15     16     17     18       25     26     27     28     22     23     24     25       29     30     31	10 11 12 13 14 8 9 10 11 12 17 18 19 20 21 15 16 17 18 24 25 26 27 28 22 23 24 25 29 30 31 August	16 17 18 19 20 21 15 16 17 18 23 24 25 26 27 28 29 30 31 29 30 31 August	8         9         10         11         12         13         14         8         9         10         11           15         16         17         18         19         20         21         15         16         17         18           22         23         24         25         26         27         28         22         23         24         25           29         30         31         31         31         31         31	13     8     9     10     11     12     13     14     8     9     10     11       20     15     16     17     18     19     20     21     15     16     17     18       27     22     23     24     25     26     27     28     22     23     24     25	12 13 8 9 10 11 12 13 14 8 9 10 11	11 12 13 8 9 10 11 12 13 14 8 9 10 11	
16 17 18 23 24 25 30 31 August	28 22 23 24 25 29 30 31	27 28 22 23 24 25 29 30 31 August	19 20 21 15 16 17 18 26 27 28 24 25 29 30 31 29 30 31 August	18     19     20     21     15     16     17     18       25     26     27     28     22     23     24     25       29     30     31	17     18     19     20     21     15     16     17     18       24     25     26     27     28     22     23     24     25       29     30     31    August	23 24 25 26 27 28 22 23 24 25 30 31 30 August	15         16         17         18         19         20         21         15         16         17         18           22         23         24         25         26         27         28         22         23         24         25           29         30         31         29         30         31         31	20     15     16     17     18     19     20     21     15     16     17     18       27     22     23     24     25     26     27     28     22     23     24     25	01 71 31 31 10 10 10 10 11 12 12 13 10		11 12 13 8 9 10 11 12 13 14 8 9 10 11
23 24 25 26 30 31 August	29 30 31	27 28 22 23 24 25 26 29 30 31 August	26 27 28 22 23 24 25 26 26 29 30 31 August	25 26 27 28 22 23 24 25 26 29 30 31	24 25 26 27 28 22 23 24 25 26 26 27 28 29 30 31 August	23 24 25 26 27 28 22 23 24 25 26 26 30 31 29 30 31 August	22     23     24     25     26     27     28     22     23     24     25     26       29     30     30     31	27 22 23 24 25 26 27 28 22 23 24 25 26	19 20 CI 17 18 19 CO CI 17 18 19 19 CO CI 18 19 19 19 19 19 19 19 19 19 19 19 19 19	20 15 16 17 18 19 20 21 15 16 17 18	18 19 20 15 16 17 18 19 20 21 15 16 17 18 19
30 31	90	30 31	29 30 31	90	Mav	30 29 30 31 May	30 29 30		22 23 24 25 26 27 28 22 23 24 25	26 27 28 24 25 26 27 28 22 23 24 25 26	25 26 27 28 24 25 26 27 28 22 23 24 25 26 27 28 28 29 29 29 29 29 29 26 26 27 28 28 29 29 29 29 29 29 29 29 29 29 29 29 29
August		August						30 29 30	30 29 30	30 29 30	29 30 29 30
August		August									
August	_	August									
-	August			May August					May	May	
	L M S	T W T W	T W T W T	W T F S S M T W T	T W T W Z	T W T W T	T W T W T W T W T W T W T W T W T W T W	S M T W T F S S M T W T	F S M T W T F S M T W T	T W T W T W T W T W T W T W T W T W T W	T F S M T W T F S M T W T
- C	2 0 0	0 0 0		2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 3 4 4 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	2 3 3 4 4 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	1 2 3 4 4 5				
7 77 72 7	0 / 0 0 0	0 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	100 110 010 000 000 000 000 000 000 000	9 10 11 12 0 0 7	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	100 77 77 77 77 77 77 77 77 77 77 77 77 7	0 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	0 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	0 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7
20 21 22	26 19 20 21 22	25 26 19 20 21 22	24 25 26 19 20 21 22	23 24 25 26 19 20 21 22	22 23 24 25 26 19 20 21 22	21 22 23 24 25 26 19 20 21 22	20 21 22 23 24 25 26 19 20 21 22	24 20 21 22 23 24 25 26 19 20 21 22	23 24 20 21 22 23 24 25 26 19 20 21 22	22 23 24 20 21 22 23 24 25 26 19 20 21 22	20 21 22 23 24 20 21 22 23 24 25 26 19 20 21 22
5 27 28 29 30	28 29	26 27 28 29	27 28 29	31 26 27 28 29	30 31 26 27 28 29	29 30 31 26 27 28 29	28 29 30 31 26 27 28 29	28 29 30 31 26 27 28 29	28 29 30 31 26 27 28 29	28 29 30 31 26 27 28 29	27 28 29 30 31 26 27 28 29
Contember	Contember	Contombor							oui.	guil	oui.
September	September	September		June September					June	June	
September	September	September							June	June	June
		- - - -	- - - - - -								
27	27	26 27	31 26 27	30 31 26 27	29 30 31 26 27	28 29 30 31 26 27	28 29 30 31 26 27	28 29 30 31 26 27	28 29 30 31 26 27	27 28 29 30 31 26 27	27     28       27     28       29     30       31     26       27     28       29     30       31     26       27     28       29     30       31     26       27     28       20     31       36     27       31     36       32     31       32     31       32     31       32     31       32     31       32     31       32     31       32     31       32     31       32     32       33     31       34     32       35     32       36     32       36     32       36     32       36     32       36     32       37     32       38     32       39     31       30     31       30     31       30     32       30     32       30     32       30     32       30     32       31     32       32
2 2 0 W	12 19 26	11 12 18 19 25 26	3 4 5 10 11 12 17 18 19 24 25 26 31	2 3 4 5 9 10 11 12 16 17 18 19 23 24 25 26 30 31	1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26 29 30 31	7     8     9     10     11     12       14     15     16     17     18     19       21     22     23     24     25     26       28     29     30     31	1 2 3 4 5 6 7 8 9 10 11 12 20 21 22 23 24 25 26 27 28 29 30 31	10     6     7     8     9     10     11     12       17     13     14     15     16     17     18     19       24     20     21     22     23     24     25     26       27     28     29     30     31	2     3     4     5       9     10     6     7     8     9     10     11     12       16     17     13     14     15     16     17     18     19       23     24     20     21     22     23     24     25     26       27     28     29     30     31	1     2     3     4     5       8     9     10     6     7     8     9     10     11     12       15     16     17     13     14     15     16     17     18     19       22     23     24     25     23     24     25     26       27     28     29     30     31	6         7         8         9         10         6         7         8         9         10         11         12           13         14         15         16         17         13         14         15         16         17         18         19           20         21         22         23         24         25         26           27         28         29         30         31         20         21         20         21         20         21         22         23         24         25         26         26         26         26         26         27         28         29         30         31         31         31         31         31         31         32         32         32         32         32         32         32         32         33         32
	4 4 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	7 1 2	101 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2 3 9 10 1 16 17 1 23 24 2 30 31	1 2 3 1 15 16 17 1 1 15 16 17 1 1 22 23 24 2 8 29 30 31	1 2 3 7 8 9 10 1 14 15 16 17 1 21 22 23 24 2 28 29 30 31	1 2 3 1 2 3 1 1 1 2 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	3     1     2     3       10     6     7     8     9     10     1       17     13     14     15     16     17     1       24     20     21     22     23     24     2       27     28     29     30     31	2 3 1 2 3 1 1 2 3 1 1 1 1 1 1 1 1 1 1 1	1     2     3       1     2     3       1     2     3       1     15     16       1     15     16       1     15     16       1     17     11       1     15     16       1     17     11       1     15     16       1     17     1       1     15     20     21       2     2     2     2       2     2     2     3       3     3       3     3       3     3	6         7         8         9         10         6         7         8         9         10         1         2         3           13         14         15         16         17         13         14         15         16         17         1           20         21         22         23         24         20         21         22         23         24         2           27         28         29         30         31         31         31         31
S 5 112 5 26 226		10 3 31 331 331	01 0 10 00 0	W 2 2 30 30 30 30	T W 1 2 8 9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	M T W 1 2 7 8 9 14 15 16 21 22 23 28 29 30	S M T W 1 2 6 7 8 9 13 14 15 16 20 21 22 23 27 28 29 30	S S M T W 3 1 2 10 6 7 8 9 17 13 14 15 16 24 20 21 22 23 27 28 29 30	T F S S M T W T W T 1 2 8 9 10 6 7 8 9 10 15 16 17 13 14 15 16 17 22 23 24 27 28 29 30	T F S S M T W T W T 1 2 8 9 10 6 7 8 9 10 15 16 17 13 14 15 16 17 22 23 24 27 28 29 30	T W T F S S M T W T 1 2 3 10 6 7 8 9 10 12 12 12 12 12 12 12 12 12 12 12 12 12



Mobile Meals of La Crosse, Inc.

2600 Quarry Road
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		
			<b>EXTENDED MEAL</b>					
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		
			<b>EXTENDED MEAL</b>					
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	