

Monday

Tuesday

Wednesday

Thursday

Friday




1
 CHICKEN TENDERS
 VEG CHICKEN TENDERS
 GF CHICKEN TENDERS
 PASTA SALAD
 BROCCOLI
 FROZEN FRUIT CUP

2
 CHEESE PIZZA
 GF/DF-PIZZA
 WINTER GREENS SALAD
 FRESH SEASONAL FRUIT

3


6


7


13
 PICNIC HAMBURGER
 OVEN BAKED FRENCH FRIES
 LETTUCE/TOMATO
 FRESH SEASONAL FRUIT

14
 CHICKEN NACHOS
 FRESH HOME COOKED PINOT BEANS
 BABY CARROTS
 PICO DE GALLO
 FRESH SEASONAL FRUIT

15
 MACARONI & CHEESE
 MIZED VEGGIES
 FRESH SEASONAL FRUIT

16
 FILET OF CHICKEN SANDWICH
 VEGGIE BURGER SANDWICH
 GF-GRILLED CHICKEN SANDWICH
 SWEET POTATO FRIES
 FRESH SEASONAL FRUIT

17
 PIZZA
 ITALIAN LEAFY GREENS
 W/GARBANZO BEANS
 GF/DF-PIZZA
 FRESH SEASONAL FRUIT

20
 CHEESE RAVIOLI
 ITALIAN GREEN SALAD
 W/GARBANZO BEANS
 FRESH SEASONAL FRUIT

21
 CHICKEN NUGGETS
 FRESH GREEN BEANS
 ROASTED BUTTERNUT SQUASH
 GREEN GRAPES
 TANGERINES

22
 CHEESE PIZZA
 GF/DF-PIZZA
 CARROTS
 FRESH SEASONAL FRUIT

23
 CRUNCHY TURKEY TACO
 SALSA FRESCA
 SHREDED LETTUCE
 FRESH SEASONAL FRUIT

24
 FISH TREASURES
 BAKED SWEET POTATO
 MIXED VEGETABLES
 FRESH SEASONAL FRUIT

27
 CHICKEN ALFREDO
 STEAMED BROCCOLI
 FRESH SEASONAL FRUIT

28
 HAWAIIAN TURKEY SLIDER
 SLICED VEGGIES & DIP
 FRESH SEASONAL FRUIT

29
 CHICKEN QUESADILLA
 DF/VEGAN-QUESADILLA
 PINTO BEANS
 PICO DE GALLO
 FRESH SEASONAL FRUIT

30
 CHICKEN TERIYAKI BOWL
 (BROWN RICE, BROCCOLI, CARROTS,
 SNOW PEAS)
 FRESH PINEAPPLE
 FRESH SEASONAL FRUIT

ALL MEALS ARE SERVED WITH 1% MILK, NON-FAT MILK OR NON-FAT FLAVORED MILK
 1% WHOLE GRAINS, FRESH FRUIT AND VEGGIES