



Nutritionized Menu



MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
7/3	7/31	8/28	9/25	7/4 (closed)	8/1	8/29	9/26	7/5	8/2	8/30	9/27	7/6	8/3	8/31	9/28	7/7	8/4	9/1	9/29
Parmesan Noodles and Chicken Diced Carrots Apple Rye Bread Milk				Chicken Taco Shredded Lettuce Shredded Cheddar Cheese Peas and Carrots Banana Soft Flour Tortilla Milk				Rotini Pasta and Meat Sauce Broccoli Watermelon Wheat Bread Milk				BBQ Meatballs Diced Parsley Potatoes Corn Orange Italian Bread Milk				Chicken Teriyaki Steamed Rice 3 Way Vegetable Blend Melon Mix Rye Bread Milk			
7/10	8/7	9/4	7/11	8/8	9/5	7/12	8/9	9/6	7/13	8/10	9/7	7/14	8/11	9/8					
Fiesta Chicken Steamed Rice Green Beans Pear Wheat Bread Milk				Meatballs in Beef Gravy Parmesan Seasoned Potatoes Green Beans Watermelon Italian Bread Milk				Three Bean Chili Shell Pasta Broccoli Hawaiian Fruit Salad Rye Bread Milk				Chicken Marinara Rotini Pasta Cucumber Slices Ranch Dip Banana Wheat Dinner Roll Milk				Hamburger Au Jus Ketchup Pasta Salad Diced Carrots Cantaloupe Mini Wheat Hamburger Bun Milk			
7/17	8/14	9/11	7/18	8/15	9/12	7/19	8/16	9/13	7/20	8/17	9/14	7/21	8/18	9/15					
BBQ Meatballs Mashed Potatoes Corn Apple Rye Bread Milk				Popcorn Chicken Ketchup Spanish Black Beans Diced Carrots Banana Wheat Dinner Roll Milk				Chicken Cacciatore Rotini Pasta Green Beans Honeydew Wheat Bread Milk				Jr Bean Burrito Steamed Rice Winter Blend Vegetables Watermelon Soft Flour Tortilla Milk				Chicken Patty Sandwich BBQ Dip Steamed Rice Broccoli Melon Mix Mini Wheat Hamburger Bun Milk			
7/24	8/21	9/18	7/25	8/22	9/19	7/26	8/23	9/20	7/27	8/24	9/21	7/28	8/25	9/22					
Chicken in Country Gravy Rotini Pasta Diced Carrots Orange Rye Bread Milk				Macaroni and Cheese Cucumber Slices Ranch Dip Watermelon Wheat Bread Milk				Turkey Wrap Mustard Shredded Lettuce American Cheese QC Vegetable Blend Honeydew Soft Flour Tortilla Milk				Sloppy Joe Diced Parsley Potatoes Corn Apple Mini Wheat Hamburger Bun Milk				Spaghetti and Meatballs in Marinara Sauce Winter Blend Vegetables Cantaloupe Wheat Dinner Roll Milk			

Our Chicken is 100% Natural, no artificial ingredients, no artificial colors, no preservatives.

2016 menus provided by Quality Catering approved by Emily Botma, RDN

-Nutrition information regarding these entrées is available on our website.

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Phone (847) 356-7513 ~ Fax (847) 356-8014