



# Nutritionized Menu



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1/1 (closed) 1/29 2/26 3/26	1/2 1/30 2/27 3/27	1/3 1/31 2/28 3/28	1/4 2/1 3/1 3/29	1/5 2/2 3/2 3/30
Baked Mostaccioli Green Beans Apple WG House Made Dinner Roll* Milk	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans QC Vegetable Blend Banana WG Soft Flour Tortilla* Milk	Chicken Nuggets House Made BBQ Dip Cucumber Slices House Made Ranch Dip Honeydew WG House Made Bread* Milk	Italian Style Chicken Parmesan Seasoned Potatoes Broccoli Orange WG House Made Bread* Milk	Spaghetti and Meatballs in Marinara Sauce 3 Way Vegetables Melon Mix WG House Made Bread* Milk
1/8 2/5 3/5	1/9 2/6 3/6	1/10 2/7 3/7	1/11 2/8 3/8	1/12 2/9 3/9
Popcorn Chicken House Made BBQ Dip Mashed Potatoes Broccoli Orange WG House Made Dinner Roll* Milk	Turkey and Cheese Wrap Shredded Lettuce House Made Ranch Dressing Spanish Black Beans Peas and Carrots Banana WG Soft Flour Tortilla* Milk	Chicken and Rice Bake Diced Carrots Pineapple WG House Made Bread* Milk	Salisbury Meatballs Rofini Pasta Cucumber Slices House Made Ranch Dip Apple WG House Made Corn Bread* Milk	Shells and Cheese Broccoli Honeydew WG House Made Bread* Milk
1/15 2/12 3/12	1/16 2/13 3/13	1/17 2/14 3/14	1/18 2/15 3/15	1/19 2/16 3/16
Chicken Patty Sandwich House Made BBQ Sauce Steamed White Rice Cauliflower Apple WG Mini Hamburger Bun* Milk	Three Bean Chili Steamed Brown Rice Winter Blend Vegetables Banana Corn Tortilla Chips Milk	Meatball Marinara Rofini Pasta Corn Cantaloupe WG House Made Bread* Milk	Parmesan Noodles & Chicken Diced Carrots Orange WG House Made Bread* Milk	Macaroni and Cheese Green Beans Watermelon WG House Made Bread* Milk
1/22 2/19 3/19	1/23 2/20 3/20	1/24 2/21 3/21	1/25 2/22 3/22	1/26 2/23 3/23
Chicken Fried Rice 3 Way Vegetables Orange WG House Made Dinner Roll* Milk	BBQ Meatballs Diced Sweet Potatoes Corn Banana WG House Made Bread* Milk	Chicken Marinara Rofini Pasta Diced Carrots Watermelon WG House Made Bread* Milk	Chicken Tender Wrap Shredded Lettuce Shredded Cheddar Cheese House Made Ranch Green Beans Apple WG Soft Flour Tortilla* Milk	Sloppy Joe Cucumber Slices House Made Ranch Dip Pineapple WG Mini Hamburger Bun* Milk

**Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.**

Menu provided by Quality Catering approved by Courtney Burrows, MBA, RDN, LDN

(\*) Denotes item is whole grain

Menus are subject to change

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