



# Nutritionized Menu



MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
10/3	10/31	11/28	12/26(closed)	10/4	11/1	11/29	12/27	10/5	11/2	11/30	12/28	10/6	11/3	12/1	12/29	10/7	11/3	12/2	12/30
Parmesan Noodles with Chicken Winter Blend Diced Pears Rye Bread Milk				Turkey & American Cheese Wrap Shredded Lettuce House-Made Ranch Dressing Peas and Carrots Fresh Apple Soft Flour Tortilla Milk				Chicken Nuggets BBQ Sauce Broccoli Pineapple Chunks Wheat Bread Milk				BBQ Meatballs Diced Parsley Potatoes Corn Banana Italian Bread Milk				BBQ Beef Patty Steamed Rice 3 Way Vegetable Blend Tropical Fruit Mini Wheat Hamburger Bun Milk			
10/10	11/7	12/5		10/11	11/8	12/6		10/12	11/9	12/7		10/13	11/10	12/8		10/14	11/11	12/9	
Fiesta Chicken Steamed Rice Peas Pineapple Chunks Wheat Bread Milk				Meatballs in Beef Gravy Parmesan Seasoned Potatoes Green Beans Fresh Orange Italian Bread Milk				Shells & Cheese Broccoli Fresh Pear Rye Bread Milk				Chicken Marinara Rotini Pasta 3 Way Vegetable Blend Applesauce Wheat Dinner Roll Milk				Hamburger Au Jus Ketchup Steamed Rice Diced Carrots Mini Wheat Hamburger Bun Milk			
10/17	11/14	12/12		10/18	11/15	12/13		10/19	11/16	12/14		10/20	11/17	12/15		10/21	11/18	12/16	
BBQ Meatballs Diced Sweet Potatoes Corn Tropical Fruit Rye Bread Milk				Popcorn Chicken Ketchup Diced Carrots Fresh Apple Wheat Dinner Roll Milk				Chicken Cacciatore Rotini Pasta Green Beans Diced Pears Wheat Bread Milk				Chicken and Rice Bake Winter Blend Banana Rye Bread Milk				Chicken Patty Sandwich BBQ Dip QC Vegetable Blend Fresh Orange Mini Wheat Hamburger Bun Milk			
10/24	11/21	12/19		10/25	11/22	12/20		10/26	11/23	12/21		10/27	11/24(closed)	12/22		10/28	11/25(closed)	12/23	
Chicken in Country Gravy Pasta Salad Peas and Carrots Pineapple Chunks Rye Bread Milk				Macaroni and Cheese Broccoli Banana Wheat Bread Milk				Italian-Style Chicken Confetti Polenta QC Vegetable Blend Tropical Fruit Italian Bread Milk				Sloppy Joe Diced Parsley Potatoes Corn Fresh Pear Mini Wheat Hamburger Bun Milk				Spaghetti & Meatballs in Marinara Sauce Winter Blend Fresh Orange Wheat Dinner Roll Milk			

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**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.