



Nutritionized Menu



MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
10/2	10/30	11/27	12/25 (closed)	10/3	10/31	11/28	12/26	10/4	11/1	11/29	12/27	10/5	11/2	11/30	12/28	10/6	11/3	12/1	12/29
Sloppy Joe Rotini Pasta Diced Carrots Apple Hamburger Bun* Milk				Chicken Taco Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans QC Vegetable Blend Watermelon Soft Flour Tortilla Milk				Chicken Marinara Shell Pasta HV: Broccoli Banana Wheat Bread Milk				BBQ Meatballs Diced Sweet Potatoes Corn Honeydew Italian Bread Milk				Chicken & Rice Bake HV: Green Beans Melon Mix Rye Bread Milk			
10/9 11/6 12/4				10/10 11/7 12/5				10/11 11/8 12/6				10/12 11/9 12/7				10/13 11/10 12/8			
Italian Chicken Parmesan Seasoned Potatoes Broccoli Orange Wheat Bread Milk				Beef Nachos Shredded Lettuce Shredded Cheddar Cheese Sour Cream Spanish Rice Peas & Carrots Melon Mix Corn Tortilla Chips Milk				Macaroni & Cheese HV: Diced Carrots Watermelon Rye Bread Milk				Baked Mostaccioli HV: Cauliflower Banana Wheat Dinner Roll Milk				Sweet & Sour Chicken Steamed White Rice 3 Way Vegetable Blend Cantaloupe Wheat Bread Milk			
10/16 11/13 12/11				10/17 11/14 12/12				10/18 11/15 12/13				10/19 11/16 12/14				10/20 11/17 12/15			
Rotini Pasta & Meat Sauce Green Beans Apple Wheat Bread Milk				BBQ Chicken Diced Parsley Potatoes Corn Watermelon Rye Bread Milk				Beef Chili** Rotini Pasta QC Vegetable Blend Cantaloupe Italian Bread Milk				Shells & Cheese HV: Broccoli Melon Mix Rye Bread Milk				Turkey & Cheese Wrap ~ Mustard Pasta Salad CV: Cucumber Slices ~ Homemade Ranch Dip Orange Soft Flour Tortilla Milk			
10/23 11/20 12/18				10/24 11/21 12/19				10/25 11/22 12/20				10/26 11/23 (closed) 12/21				10/27 11/24 (closed) 12/22			
Parmesan Noodles & Chicken Broccoli Orange Rye Bread Milk				Beef Taco Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans 3-Way Vegetable Blend Banana Soft Flour Tortilla Milk				Meatballs & Beef Gravy Mashed Potatoes Diced Carrots Pineapple Italian Bread Milk				Chicken Cacciatore Steamed White Rice HV: Green Beans Apple Wheat Bread Milk				Spaghetti & Meatballs in Marinara Sauce HV: Broccoli Cantaloupe Wheat Dinner Roll 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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