Hot Plated Meals

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

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| **Chicken Queso.****Tortilla Chips – 1 oz.****Banana Peppers – 1/2 cup (CN)****Apple/Applesauce – 1 each (FR/CN)****Skim Milk – 8 fl. Oz.** | **Chili – 3 oz.****WG Crackers – 3 oz.****Broccoli & Cheese – ½ c. (FZ)****Nectarine– 1 each (FR)****Skim Milk—8 fl. oz.** | **Mac N Cheese** **Cheese – 4 oz.****WG Macaroni – 2 oz.** **WG Bun—1 each** **Potato Wedges—1/2 cup (FR)** **Green Beans –1/2 cup (FZ)** **Skim Milk—8 fl. oz.** | **Fried Chicken—3 oz.****WG Roll—1 each****Mashed Potatoes w/ Gravy – ½ cup (FR)****Carrot Coins—1/2 cup (FR)****Skim Milk—8 fl. oz.** | **Hamburger—2 oz.****WG Hamburger Bun—1 each****Home Fries— ½ c (FR)****Grapes—1/2 cup (FR)****Skim Milk—8 fl. oz.** |
| **Turkey Hot Dog – 2 oz.****WG Wheat Bun – 1 each****Home Fries – ½ cup (FR)****Grapes – ½ cup (FR)****Skim Milk—8 fl. oz.** | **Chicken Parmesan – 2 oz.****WG Penne Pasta – ½ cup****Twisted Garlic Bread Roll – 1 each****Carrots – ½ cup (FZ)****Apple/Applesauce – 1 each (FR/CN)****Skim Milk – 8 fl. Oz** | **Meatloaf – 3 oz.****WG Roll – 1 each****Mashed Potatoes w/ Gravy –** **½ cup (FR)****Green Beans – ½ Cup (FZ)****Skim Milk – 8 fl. Oz.** |

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| **Chicken Fried Rice****Chicken - 2 oz.** **WG Fried Rice—1 oz.** **Veggie Blend – ½ cup (FZ)****Banana – 1 each (FR)** **Skim Milk—8 fl. oz.** | **6****Meatball Sub—2 oz.** **WG Bun—1 each** **Broccoli & Cheese—1/2 cup (FZ)** **Pineapple – 4 oz. (FR)** **Skim Milk—8 fl. oz.** |

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| **Smothered Chicken—2 oz.****Skillet Cabbage – ½ cup (FR)****Sweet Potato Casserole –****½ cup (FR)** **Skim Milk—8 fl. oz.** | **6****Meatball Sub—2 oz.** **WG Bun—1 each** **Broccoli & Cheese—1/2 cup (FZ)** **Pineapple – 4 oz. (FR)** **Skim Milk—8 fl. oz.** |

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