Hot Plated Meals

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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.** | |  |  | | --- | --- | | **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.** | | |  |  | | --- | --- | | **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.** | |