Summer 2023

Rotating Lunch Menu

**Monday**

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| **Cranberry Chicken Salad – 3 oz****WG Captain’s Crackers – 2 packets each****Green Salad – 1 cup****Fresh Orange - 1 each****Skim Milk – 8 fl. oz.** | **TACO TUESDAY****Beef & Bean Crunchy Tacos****WG taco shells - 2 each****Mexicorn - 1/2 cup** **Fresh Apple - 1 each****Skim Milk – 8 FL oz** | **Spaghetti Bolognese- 3 oz** **WG Spaghetti – 2 oz****Italian Cucumber Salad – ½ cup****Fresh Grapes – ½ cup****Skim Milk – 8 fl. Oz.** | **Rotisserie Chicken – 1 each****Honey Wheat Roll – 1 each****Kevin’s Baked Beans – ½ Cup****Fresh Pineapple – ½ cup** **Skim Milk – 8 fl. Oz.** | **Buffalo Chicken Enchilada Dip – ½ cup****WG Tortilla Chips – 1 oz****Fresh Corn Salad – ½ Cup****Fresh Banana – 1 each****Skim Milk – 8 fl. Oz.** |
| **Chicken Fajita Soft Tacos w peppers and onion** **2 oz each** **Shredded cheese – ½ oz****WG Flour tortilla – 2 each****Corn Cobbette – 1 each****Fresh Apple – 1 each** **Skim Milk – 8 fl. Oz.** | **Spicy Cajun Chicken & Pasta****4 oz pasta/chicken****WG Penne – ½ cup****Scandinavian Veg – ½ cup****Fresh Strawberries – 1 each****Skim Milk – 8 fl. Oz.** | **Cheeseburger- 1 each****WG Bun – 1 each****Cole Slaw – ½ cup****Fresh Watermelon – ½ cup****Skim Milk – 8 fl. oz.** | **Beef Taco Salad – 3 oz taco meat, lettuce, cheese, tomatoes****WG Tortilla Chips – 1 oz****Green Salad – 1 Cup****Fresh Grapes – ½ Cup****Skim Milk – 8 fl. Oz.** | **BBQ Chicken- 1 each****Honey Wheat Roll – 1 each****Southern Style Green Beans – ½ cup****Fresh Orange – ½ Cup****Skim Milk – 8 fl. Oz.** |
| **Mediterranean Roasted Chicken Quarters – 3 oz****Honey Wheat Roll – 1 each****Italian Blend Veg – ½ cup****Fresh Orange – 1 each****Skim Milk – 8 fl. Oz.** | **Asian Chicken Salad w/ Mandarins & Chow Mein Noodles****2 oz chicken** **WG Education Crackers – 1 oz****Green Salad – 1 cup****Fresh Apple – 1 each** **Skim Milk – 8 fl. Oz.** | **Philly Cheesesteak****4 oz meat and veg mix****WG Bun – 1 each****Baby Carrots – ½ Cup****Fresh Berries – 1 each****Skim Milk – 8 fl. Oz.** | **Penne Bolognese****3 oz sauce and meat****WG Spaghetti – ½ cup****Italian Cucumber Salad – ½ cup****Fresh Banana – 1 each****Skim Milk – 8 fl. Oz.** | **Chicken Soft Tacos w/shredded cheese – 2 oz chicken, ½ oz cheese, lettuce, tomatoes** **WG Tortillas – 2 each****Fresh Corn Salad (Esquites) – ½ cup****Fresh melon – ½ cup****Skim Milk – 8 fl. Oz.** |
| **Cheeseburger- 1 each****WG Bun – 1 each****Potato Wedges – ½ cup****Fresh Apple – 1 each****Skim Milk – 8 fl. oz.** | **Taco Tuesday****Beef & Bean Crunchy Tacos****WG taco shells - 2 each****Mexicorn - 1/2 cup** **Fresh Orange -1 each****Skim Milk – 8 FL oz** | **SW Chicken Salad (cold) w/ black beans and corn salsa – 2oz chicken, 1 oz black beans and corn****WG Crackers – 1 oz****Green salad – 1 Cup****Fresh Banana – 1 each****Skim Milk – 8 fl. oz.** | **Smokey Chicken Quarter- 1 each****WG Macaroni Salad – ½ cup****Corn Cobbette – 1 each****Fresh Grapes – ½ Cup****Skim Milk – 8 fl. oz.** | **Breaded Chicken Sandwich - 1 each; 1 slice American cheese****WG Bun – 1 each****Fresh Celery – ½ cup****Fresh Berries – ½ Cup****Skim Milk – 8 fl. oz.** |

**Tuesday**

**HAPPY SUMMER!!**

**Wednesday**

**Thursday**

Ages: 6-18

**Fri**