Plated Meals

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

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| **30****Turkey BLT – 3 oz.****WG Bun – 1 each****Roasted Corn Salad – ½ cup (CN)****100% Juice – 1 each****Skim Milk – 8 fl. oz.** | **1****Grilled Chicken Nuggets –** **WG Mac N Cheese – 3 oz.****Broccoli – ½ cup (FZ)****100% Juice – 1 each****Skim Milk - 8 fl. oz.** | **2****Asian Chicken Salad****Chicken Strips– 3 oz.****Garden Salad – ½ cup****WG Goldfish Crackers – 1 oz.****100% Juice – 1 each****Skim Milk - 8 fl. oz.** | **3****Beef N Cheese Nachos – 3 oz.****WG Tortilla Chips – 1 oz.****Fiesta Corn – ½ cup****100% Juice – 1 each****Skim Milk - 8 fl. oz.** | **4****Turkey & Cheese Sandwich****Turkey & Cheese – 3 oz.****WG Bun – 1 each****Garden Salad – ½ cup****100% Juice – 1 each****Skim Milk - 8 fl. oz.** |
| **7****Chicken Queso.****Tortilla Chips – 1 oz.****Banana Peppers – 1/2 cup (CN)****Apple/Applesauce – 1 each (FR/CN)****Skim Milk – 8 fl. Oz.** | **8****Chili – 3 oz.****WG Crackers – 3 oz.****Broccoli & Cheese – ½ c. (FZ)****Nectarine– 1 each (FR)****Skim Milk—8 fl. oz.** | **9****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.** | **10****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.** | **11****Hamburger—2 oz.****WG Hamburger Bun—1 each****Home Fries— ½ c (FR)****Grapes—1/2 cup (FR)****Skim Milk—8 fl. oz.** |
| **14****Turkey Hot Dog – 2 oz.****WG Wheat Bun – 1 each****Home Fries – ½ cup (FR)****Grapes – ½ cup (FR)****Skim Milk—8 fl. oz.** | **15****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** | **16****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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| **17****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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| **18****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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| **21****Chicken Queso.****Tortilla Chips – 1 oz.****Banana Peppers – 1/2 cup (CN)****Apple/Applesauce – 1 each (FR/CN)****Skim Milk – 8 fl. Oz.** | **22****Chili – 3 oz.****WG Crackers – 3 oz.****Broccoli & Cheese – ½ c. (FZ)****Nectarine– 1 each (FR)****Skim Milk—8 fl. oz.** | **23****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.** | vector text happy holidays on white background. Calligraphy lettering  Vector illustration EPS10 - Download Free Vectors, Clipart Graphics &  Vector Art |
| **28****Turkey Hot Dog – 2 oz.****WG Wheat Bun – 1 each****Home Fries – ½ cup (FR)****Grapes – ½ cup (FR)****Skim Milk—8 fl. oz.** | **29****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** | **30****Meatloaf – 3 oz.****WG Roll – 1 each****Mashed Potatoes w/ Gravy –** **½ cup (FR)****Green Beans – ½ Cup (FZ)****Skim Milk – 8 fl. Oz.** |