Plated Meals

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

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