Hot Plated Meals – June 2021

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **31** | **1**  **Chef Salad**  **Mixed Greens – 1 cup (FR)**  **Turkey & Turkey Ham – 2 oz.**  **WG Crackers – 1 oz.**  **100% Veggie Juice – 4.23 fl. Oz.**  **Skim Milk – 8 fl. Oz.** | **2**  **Chili Mac – 2/3 cup (WG)**  **Beef w/ WG Macaroni**  **Broccoli – ½ c. (FZ)**  **Clementine – 1 each (FR)**  **Skim Milk—8 fl. oz.** | **3**  **Baked Chicken Montreal—2 oz.**  **WG Roll – 1 each**  **Peas & Carrots – ½ cup (FR)**  **Fresh Grapes - ½ cup (FR)**  **Skim Milk—8 fl. oz.** | **4**  **Beef Fajitas**  **Beef – 2 oz.**  **WG Tortilla—1 each**  **Corn— ½ c (FZ)**  **Pineapple—1/2 cup (CN)**  **Skim Milk—8 fl. oz.** |
| **7**  **Ravioli w/ Marinara – 3 pcs.**  **WG Pasta**  **Steamed Broccoli – ½ cup (FZ)**  **Clementine/Sliced Cantaloupe – 1 each (FR)**  **Milk – 8 fl. Oz.** | **8**  **Beef Tacos – 2 oz.**  **WG Taco Shells – 2 each**  **Pinto Beans – ½ cup (CN)**  **Grapes/Berries – ½ cup (FR)**  **Skim Milk – 8 fl. Oz.** | **9**  **Fried Chicken – 1 each**  **WG Roll – 1 each**  **Mashed Potatoes & Gravy – ½ cup (FR)**  **Green Beans – ½ cup (FZ)**  **Skim Milk – 8 fl. Oz.** | **10**  **WG Turkey & Cheese Calzone – 1 ea.**  **Carrot Coins – ½ cup (FZ)**  **Nectarine/Sliced Pineapple – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **11**  **BBQ Chicken Salad**  **Chicken – 2 oz.**  **WG Crackers – 1 oz.**  **Mixed Greens – ½ cup (FR)**  **Banana/Sliced Watermelon – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** |
| **14**  **Beef Lo Mein**  **Beef – 2 oz.**  **WG Lo Mein Noodles – ½ cup**  **Asian Blend Veggies – ½ cup (FZ)**  **Apple – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **15**  **Chicken Nachos – 3 oz**  **WG Tortilla Chips – 1 oz.**  **Corn – ½ cup (FZ)**  **Banana/Sliced Watermelon – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **16**  **Cheeseburger – 3 oz.**  **WG Bun – 1 each**  **Tater Tots – ½ cup (FZ)**  **Clementine – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **17**  **Lemon Pepper Chicken Drumstick – 1 each**  **WG Roll – 1 each**  **Mixed Veggies – ½ cup (FZ)**  **Grapes/Berries – ½ cup (FR)**  **Skim Milk – 8 fl. Oz.** | **18**  **Chef Salad**  **Turkey/Turkey Ham – 2 oz.**  **WG Croutons – 1 oz.**  **Mixed Greens – 1 cup (FR)**  **Nectarine – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** |
| **21**  **Enchiladas – 2 each**  **WG Mexican Rice – ½ cup**  **Corn – ½ cup (FZ)**  **Clementine/Sliced Pineapple-**  **1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **22**  **Chicken Alfredo**  **Chicken – 2 oz.**  **WG Pasta – 1 oz.**  **Steamed Broccoli – ½ cup (FZ)**  **Grapes/Berries – ½ cup (FR)**  **Skim Milk – 8 fl. Oz.** | **23**  **Sloppy Joes – 3 oz.**  **WG Bun – 1 each**  **Crinkle Carrots – ½ cup (FZ)**  **Sliced Pineapple – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **24**  **Fried Chicken – 1 thigh**  **WG Roll – 1 each**  **Green Beans – ½ cup (FZ)**  **Mashed Potatoes w/ Gravy – ½ cup (FR)**  **Skim Milk – 8 fl. Oz.** | **25**  **Asian Chicken Salad**  **Chicken – 2 oz.**  **WG Fried Noodles – 1 oz.**  **Mixed Greens – 1 cup (FR)**  **Banana – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** |
| **28**  **Beef & Bean Burrito – 1 each**  **WG Mexican Rice – 1 oz.**  **Corn – ½ cup (FZ)**  **Apple – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **29**  **Asian Chicken – 2 oz.**  **WG Rice – ½ cup**  **Asian Vegetable Blend – ½ cup (FZ)**  **Banana/Sliced Watermelon – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **30**  **Cheeseburger – 3 oz.**  **WG Bun – 1 each**  **Tater Tots – ½ cup (FZ)**  **Clementine – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **1**  **Country Fried Steak w/gravy – 2 oz.**  **WG Roll – 1 each**  **Peas & Carrots – ½ cup (FZ)**  **Mashed Potatoes w/ Gravy – ½ cup (FR)**  **Skim Milk – 8 fl. Oz.** | **2**  **Berry Chicken Salad**  **Chicken – 2 oz.**  **Mixed Salad –1 cup (FR)**  **Nectarine/Sliced Pineapple – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** |