Hot Plated Meals – July 2021

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

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| Kitchen Closed | **6****Beef Tacos – 2 oz.****WG Taco Shells – 2 each****Pinto Beans – ½ cup (CN)****Grapes/Berries – ½ cup (FR)****Skim Milk – 8 fl. Oz.** | **7****Fried Chicken – 1 each****WG Roll – 1 each****Mashed Potatoes & Gravy – ½ cup (FR)****Green Beans – ½ cup (FZ)****Skim Milk – 8 fl. Oz.** | **8****WG Turkey & Cheese Calzone – 1 ea.****Carrot Coins – ½ cup (FZ)****Nectarine/Sliced Pineapple – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **9****BBQ Chicken Salad****Chicken – 2 oz.****WG Crackers – 1 oz.****Mixed Greens – 1.5 cup (FR)****Banana/Sliced Watermelon – 1 each (FR)****Skim Milk – 8 fl. Oz.**  |
| **12****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.** | **13****Chicken Nachos – 3 oz****WG Tortilla Chips – 1 oz.****Corn – ½ cup (FZ)****Banana/Sliced Watermelon – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **14****Cheeseburger – 3 oz.****WG Bun – 1 each****Tater Tots – ½ cup (FZ)****Clementine – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **15****Lemon Pepper Chicken Drumstick – 1 each****WG Roll – 1 each****Mixed Veggies – ½ cup (FZ)****Nectarine – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **16****Chef Salad****Turkey/Turkey Ham – 2 oz.****WG Croutons – 1 oz.****Mixed Greens – 1.5 cup (FR)****Grapes/Berries – ½ cup (FR)****Skim Milk – 8 fl. Oz.** |
| **19****Enchiladas – 2 each****WG Mexican Rice – ½ cup****Corn – ½ cup (FZ)****Clementine/Sliced Pineapple-** **1 each (FR)****Skim Milk – 8 fl. Oz.** | **20****Asian Chicken Salad****Chicken – 2 oz.****WG Fried Noodles – 1 oz.****Mixed Greens – 1.5 cup (FR)****Banana – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **21****Sloppy Joes – 3 oz.****WG Bun – 1 each****Crinkle Carrots – ½ cup (FZ)****Pineapple Cup – 1 each (CN)****Skim Milk – 8 fl. Oz.** | **22****Chicken Tenders – 2 each****WG Roll – 1 each****Green Beans – ½ cup (FZ)****Mashed Potatoes w/ Gravy – ½ cup (FR)****Skim Milk – 8 fl. Oz.** | **23****Chicken Alfredo****Chicken – 2 oz.****WG Pasta – 1 oz.****Steamed Broccoli – ½ cup (FZ)****Apple – 1 each (FR)****Skim Milk – 8 fl. Oz.** |
| **26****Beef & Bean Burrito – 1 each****WG Mexican Rice – 1 oz.****Corn – ½ cup (FZ)****Apple – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **27****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.** | **28****Cheeseburger – 3 oz.****WG Bun – 1 each****Tater Tots – ½ cup (FZ)****Clementine – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **29****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.** | **30****Berry Chicken Salad****Chicken – 2 oz.****Mixed Salad –1.5 cup (FR)****Nectarine/Sliced Pineapple – 1 each (FR)****Skim Milk – 8 fl. Oz.** |