Hot Plated Meals – July 2021

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

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