Hot Meals – September 2021

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

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| **30**  **Ravioli w/ Marinara – 3 pcs.**  **WG Pasta**  **Steamed Broccoli – ½ cup (FZ)**  **Sliced Cantaloupe – 4 oz./1 each (FR)**  **Milk – 8 fl. Oz.** | **31**  **Beef Tacos – 2 oz.**  **WG Taco Shells – 2 each**  **Pinto Beans – ½ cup (CN)**  **Grapes/Berries – ½ cup (FR)**  **Skim Milk – 8 fl. Oz.** | **1**  **Chicken Tenders - 3 each**  **WG Roll – 1 each**  **Mashed Potatoes & Gravy – ½ cup (FR)**  **Green Beans – ½ cup (FZ)**  **Skim Milk – 8 fl. Oz.** | **2**  **WG Turkey & Cheese Calzone – 1 ea.**  **Carrot Coins – ½ cup (FZ)**  **Sliced Pineapple – 4 oz./1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **3**  **BBQ Chicken Salad**  **Chicken – 2 oz.**  **WG Crackers – 1 oz.**  **Mixed Greens – ½ cup (FR)**  **Sliced Watermelon – 4 oz./1 each (FR)**  **Skim Milk – 8 fl. Oz.** |
| **6**  **Turkey Burger – 4 oz.**  **WG Bun – 1 each**  **Potato Wedges – ½ cup (FR)**  **Banana – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **7**  **Beef Chili – ¾ cup**  **WG Crackers – 2 packets**  **Corn – ½ cup (FZ)**  **Pineapple – 1 slice (FR)**  **Skim Milk – 8 fl oz** | **8**  **Chicken Tenders - 3 each**  **WG Roll – 1 each**  **Mashed Potatoes & Gravy – ½ cup (FR)**  **Apple – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **9**  **Asian Chicken – 3 oz.**  **WG Rice – ½ cup**  **Stir-fry Veggies – ½ cup (FZ)**  **Clementine – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **10**  **Meatballs – 2 each (2 oz.)**  **WG Spaghetti – ½ cup**  **Marinara – ¼ cup (CN)**  **Mixed Greens w/ Ranch – 1 cup (FR)**  **Peaches – ½ cup (CN)**  **Skim Milk – 8 fl. Oz.** |
| **13**  **Chicken Alfredo**  **Chicken – 2 oz.**  **WG Penne – ½ cup**  **Steamed Broccoli – ½ cup (FZ)**  **Mandarin Orange Cup- ½ cup/1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **14**  **Beef Stew – 8 oz.**  **Beef – 2 oz.**  **WG Rice – ½ cup**  **Stewed Veggies – ½ cup (FZ)**  **Apple – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **15**  **Breakfast Casserole**  **(Turkey Sausage – 1 oz.,**  **Eggs – 2 oz., Cheese – 1 oz.)**  **WG Pancakes w/ Syrup – 1 each**  **Home Fries – ½ cup (FZ)**  **Berries– ½ cup (FR)**  **Skim Milk – 8 fl. Oz.** | **16**  **Chicken Legs – 1 each**  **WG Roll – 1 each**  **Green Beans w/ Turkey Ham – ½ cup (FZ)**  **Watermelon – 1 slice (FR)**  **Skim Milk – 8 fl. Oz.** | **17**  **Cheeseburger – 4 oz.**  **WG Bun – 1 each**  **Mixed Veggies – ½ cup (FZ)**  **Grapes – ½ cup (FR)**  **Skim Milk – 8 fl. Oz.** |
| **20**  **BBQ Pulled Chicken – 2 oz.**  **WG Bun – 1 each**  **Crinkle Cut Carrots – ½ cup (FZ)**  **Clementine – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **21**  **TACO TUESDAY**  **Turkey – 2 oz. Cheese – 1 oz.**  **WG Taco Shell – 2 each**  **Corn – ½ cup (FZ)**  **Banana – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **22**  **Cheese Ravioli – 3 each**  **WG Pasta – ½ cup**  **Mixed Greens w/ Ranch – 1 cup (FR)**  **Cantaloupe – 1 each/1/2 cup(FR)**  **Skim Milk – 8 fl. Oz.** | **23**  **Country Fried Steak w/gravy – 2 oz.**  **WG Roll – 1 each**  **Mashed Potatoes w/ Gravy – ½ cup (FR)**  **Grapes – ½ cup (FR)**  **Skim Milk – 8 fl. Oz.** | **24**  **Roast Beef – 2 oz.**  **WG Mac N Cheese – ½ cup**  **Broccoli –1/2 cup (FZ)**  **Apple – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** |
| **27**  **Sloppy Joe – 2 oz.**  **WG Bun – 1 each**  **Seasoned Broccoli – ½ cup (FZ)**  **Peaches – ½ cup (CN)**  **Skim Milk – 8 fl. oz.** | **28**  **Turkey Tetrazzini**  **Turkey – 2 oz.**  **Marinara – ¼ cup**  **WG Egg Noodles – ½ cup**  **Sweet Peas – ½ cup (FZ)**  **Cantaloupe – 1 slice/1/2 cup (FR)**  **Skim Milk – 8 fl. oz.** | **29**  **Chicken Nachos**  **Chicken – 2 oz. Cheese – 1 oz.**  **WG Tortilla Chips – 1 oz.**  **Corn – ½ cup (FZ)**  **Strawberry Applesauce – ½ cup/1 each**  **Skim Milk – 8 fl. oz.** | **30**  **Pulled BBQ Beef – 2 oz.**  **WG Bun – 1 each**  **Seasoned Broccoli – ½ cup (FZ)**  **Grapes – ½ cup (FR)**  **Skim Milk – 8 fl. oz.** | **1**  **Roasted Turkey – 2 oz.**  **WG Roll – 1 each**  **Green Beans w/ Turkey Ham – ½ cup (FZ)**  **Pineapple Cup – 1 each/1/2 cup (CN)**  **Skim Milk – 8 fl. oz.** |