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.** |