September 22’- December 22’ Rotating Menu

**Monday**

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| **Beef and Cheese Burrito****Beef & Cheese Burrito – 1 each****WG Mexican Rice – ½ cup** **Seasoned Corn – ½ cup** **Fresh Apple – 1 each** **Skim Milk – 8 fl. oz.** | **Chicken Pot Pie****Chicken Pot Pie – ½ cup****WG Biscuit – 1 each** **Green Salad – 1 cup** **Fresh Plum -1 each****Skim Milk – 8 fl oz** | **Baked Beef Spaghetti****Beef – 2 oz** **WG Spaghetti – 2.5 oz** **Cali Blend Veggies – ½ cup** **Fresh pineapple - 1/2 cup****Skim Milk – 8 fl. Oz.** | **Chicken Pita** **Chicken Fajita – 2 oz** **WG Pita-1 each****Green Salad – ½ cup** **Mandarin Fruit Cup****Skim Milk – 8 fl. Oz.** | **Skillet Macaroni & Beef****Skillet Beef – ½ cup****WG Macaroni – ¼ cup** **Green Salad – 1 cup** **Fresh Watermelon – ½ cup****Skim Milk – 8 fl. Oz.** |
| **BBQ Beef Meatballs** **Meatballs – 2x 1 oz each** **WG Twisted Garlic Bread – 1 each****Cali Blend Veggies – ½ cup** **Fresh Apple - 1 each****Skim Milk – 8 fl. Oz.** | **Cheese Ravioli lasagna** **Lasagna – ½ cup** **WG pasta – ¼ cup** **Steamed Broccoli – ½ cup** **Fruit Cup** **Skim Milk – 8 fl. Oz.** | **Buffalo Chicken Enchilada Dip****Dip – ½ cup** **WG Tortilla chips- 11 chips****Cut corn - ½ cup** **Sliced watermelon – ½ cup** **Skim Milk – 8 fl. Oz.** | **Cheeseburger** **Burger – 4 oz****WG Bun – 1 each** **Baked potato – 1 each** **Sliced Cantaloupe – ½ cup** | **Pumpkin with solid fillStuffed Chicken Breast** **Chicken with white sauce – 1 each Brown rice – ½ cup****8-way garden veg – ½ cup****Fresh plum – 1 each** **Skim Milk – 8 fl. Oz.** |
| **Beef Nachos****Beef – ½ cup****Tortilla chips – 11 each** **Seasoned Corn – ½ cup** **Fresh orange – 1 each** **Skim Milk – 8 fl. Oz.** | **Cheese Stuffed Pasta Shells****Maple Leaf with solid fillShells – 1 each with marinara** **WG Roll – 1 each** **CA Blend - ½ cup****Bananas - 1 each****Skim Milk – 8 fl. Oz.** | **Buffalo Chicken Sandwich** **Buffalo chicken – 1 each** **WG Bun-1 each****Potato Wedges – ½ cup** **Grapes – ½ cup****Skim Milk – 8 fl. Oz.** | **Pulled BBQ Beef Sandwich** **BBQ Beef – 2.5 oz****WG Bun – 1 each** **Corn Cobbette – 1 each** **Plum – 1 each** **Skim Milk – 8 fl. Oz.** | **Grilled Chicken Salad** **Chicken – 2 oz****WG Roll – 1 each** **Green Salad – 1 cup****Apple – 1 each** **Skim Milk – 8 fl. Oz.** |
| **Chicken Fajita Soft Tacos** **Chicken – ½ cup** **Cheese – ½ oz** **WG Tortilla – 2 each** **Fresh Apple – 1 each** **Skim Milk – 8 fl. oz.** | **Sloppy Joes** **Sloppy Joes Mix – 2.5 oz** **WG Bun – 1 each** **Corn Cobbette – 1 each** **Sliced Pineapple – ½ cup** **Skim Milk – 8 fl. oz.** | **Chicken Sandwich w/ American Cheese - 1 each – 3 oz chicken** **WG Bun- 1 each****Potato wedges – ½ cup****Sliced Watermelon – ½ cup** **Skim Milk – 8 fl. oz.** | **Beef Pepperoni Calzone - 1 each****WG Crust** **Green Salad – 1 cup** **Sliced Cantaloupe – ½ cup****Skim Milk – 8 fl. oz.** | **Pulled BBQ Chicken – 3 oz** **WG Bun – 1 each** **Kevin’s Famous Baked Beans – ½ cup** **Rotating Fruit** **Skim Milk – 8 fl. oz.** |

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**