Winter 2023

Rotating Menu

**Monday**

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| **A grid with small circlesChicken and Rice Bake – 3.5 oz****WG Rice – 1 oz****Seasoned Broccoli- 1/2 cup** **Fresh Pear-1 each****Skim Milk – 8 fl. oz.** | **TACO TUESDAY****Beef fajita with peppers and onions- 2 oz****WG flour tortilla- 2 each****Refried pinto beans.- 1/2 cup** **Fresh Apple-1 each****Skim Milk – 8 FL oz** | **Orange Chicken- 4 oz** **WG Dinner Roll -(1 each)****Seasoned Broccoli- 1/2 cup** **Mandarin Cup – 1 each****Skim Milk – 8 fl. Oz.** | **Beef and Bean Chili – 6 oz****WG Crackers - 1 oz****Baked Potato – 1 each****Grapes – ½ cup****Skim Milk – 8 fl. Oz.** | **A grid with small circlesFried Chicken Drumstick****WG goldfish crackers – 1 oz** **Mashed Potatoes and Gravy – ½ cup****Fresh Pineapple – 4 oz****Skim Milk – 8 fl. Oz.** |
| **Beef Nachos****WG Nacho Chips – 1 oz****Four-Way Vegetables -1/2 cup** **Fresh Pineapple – 4 oz****Skim Milk – 8 fl. Oz.** | **Honey Mustard Chicken****WG Twisted Breadstick – 1 each****Crinkle Cut carrots - 1/2 cup****Fresh Orange – 1 each****Skim Milk – 8 fl. Oz.** | **Cheeseburger -** **Burger with Cheese Slice – 1 each WG Bun – 1 each****Potato Wedges – ½ cup****Fresh Apple – 1 each** **Skim Milk – 8 fl. Oz.** | **Chicken, Cheese, & Pasta****WG Rice – 1 oz****Seasoned broccoli - ½ cup** **Fresh Pear- 1 each****Skim Milk – 8 fl. Oz.** | **Beef Lasagna- 4 oz****WG Lasagna Sheets -½ cup****Garden Veg blend – ½ cup****Fresh Grapes – ½ cup****Skim Milk – 8 fl. Oz.** |
| A pine tree with snowflakes**Chicken Fajita Soft Tacos w peppers and onion** **1/2 oz shredded cheese****Seasoned Corn – ½ cup****Fresh orange – 1 each****Skim Milk – 8 fl. Oz.** | **Spaghetti Bolognese****6 oz meat and pasta****WG Dinner Roll – 1 each****Seasoned Veg Mix - ½ cup****Fresh Banana- 1 each****Skim Milk – 8 fl. Oz.** | **Fried Chicken****WG Mac & Cheese – 6 oz****Green Beans- ½ cup****Fresh Grapes – ½ cup****Skim Milk – 8 fl. Oz.** | **Salisbury Steak – 1 each****WG Twisted Breadstick – 1 each****Mashed Potatoes – ½ cup****Brown Gravy – 1 oz** **Fresh Plum – 1 each** **Skim Milk – 8 fl. Oz.** | **Beef Enchilada Casserole** **(1 each)****WG Flour Tortilla** **Pinto Beans – ½ Cup****Fresh Orange – 1 each** **Skim Milk – 8 fl. Oz.** |
| **Naples Meatball Sub- 1 each****2 Meatballs****WG Bun – 1 each****Seasoned Broccoli – ½ cup** **Mandarin Cup- 1 each****Skim Milk – 8 fl. oz.** | **Moroccan Chickpeas & Orzo****3.5 oz****WG Pita Bread – 1 each****Ginger Carrots – ½ cup** **Fresh Apple – 1 each** **Skim Milk – 8 fl. oz.** | **Beef Nachos – 2.5 oz****WG Tortilla Chips – 1 oz****Corn Cobette – 1 each****Fresh Pineapple – ½ cup****Skim Milk – 8 fl. oz.** | **Baked Rotisserie Chicken- 1 each****WG Twisted Breadstick – 1 each****Collard Greens – ½ cup****Fresh Orange – 1 each** **Skim Milk – 8 fl. oz.** | **Turkey Sausage Bratwurst – 1 each****WG Hot Dog Bun – 1 each****Kevin’s Famous Baked Beans– ½ cup** **Fresh Pear – 1 each** **Skim Milk – 8 fl. oz.** |

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Frida**