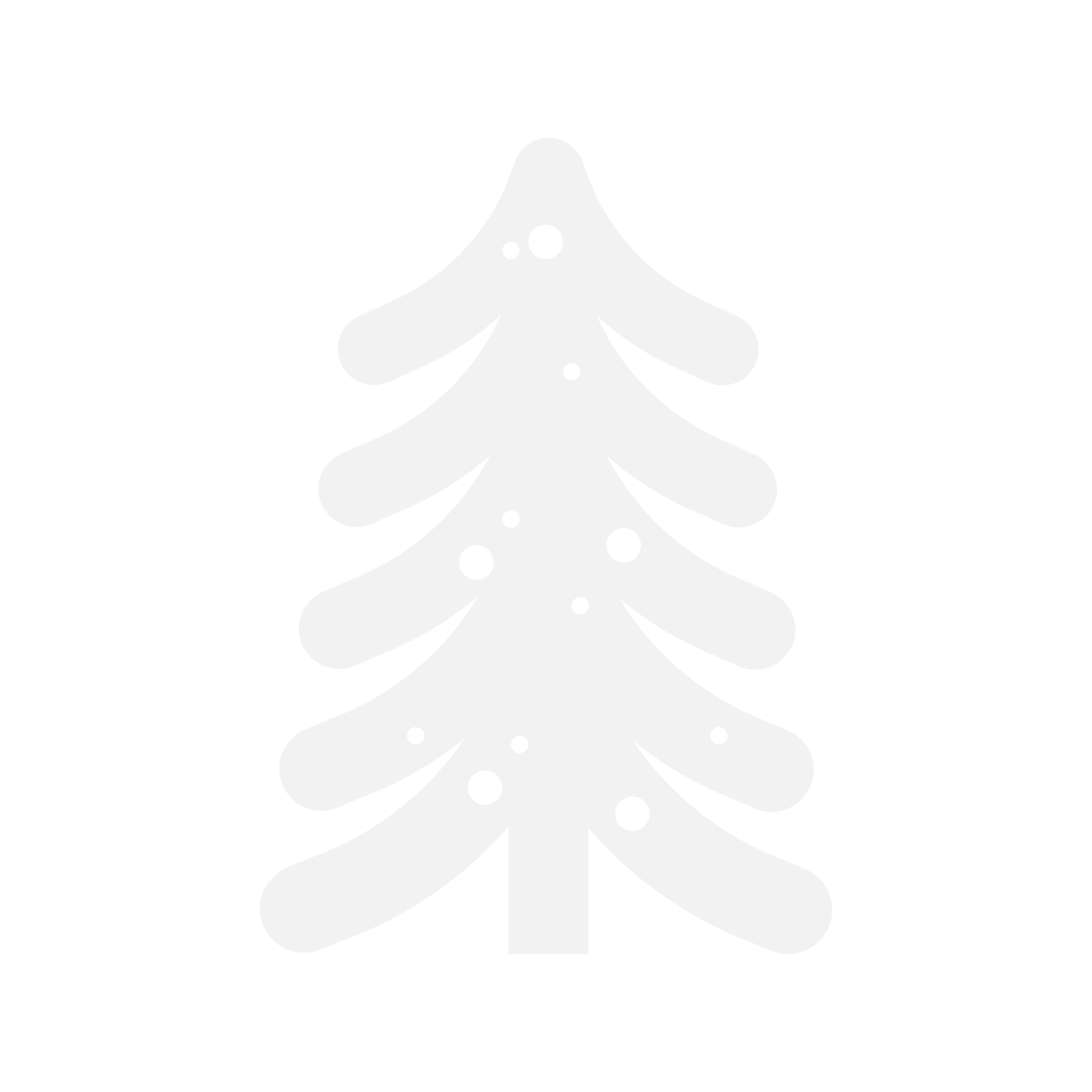
Winter 2023

Rotating Menu

**Monday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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**