Spring 2023

Rotating Menu

**Monday**

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| **Creamy Garlic Herb Chicken – 3 oz****WG Brown Rice – 3.5 oz****Seasoned Broccoli- 1/2 cup** **Fresh Apple-1 each****Skim Milk – 8 fl. oz.** | Pastel colored cherry blossoms**TACO TUESDAY****Beef & Bean Crunchy Tacos****WG taco shells - 2 each****Mexicorn - 1/2 cup** **Fresh Orange-1 each****Skim Milk – 8 FL oz** | **Spaghetti Bolognese- 3 oz** **WG Spaghetti – 2 oz****Scandinavian Veg – ½ cup****Fresh Grapes – ½ cup****Skim Milk – 8 fl. Oz.** | **Rotisserie Chicken – 1 each****Fresh WG Roll – 1 each****Kevin’s Baked Beans – ½ Cup****Fresh Pear – 1 each****Skim Milk – 8 fl. Oz.** | **Chicken Tenders****WG Education Crackers – 1 oz****Potato Wedges – ½ Cup****Fresh Strawberries – ½ Cup****Skim Milk – 8 fl. Oz.** |
| **Chicken Fajita Soft Tacos w peppers and onion** **2 oz each** **Shredded cheese – ½ oz****WG Flour tortilla – 2 each****Ref. Beans – ½ cup****Peach Cup – 1 each** **Skim Milk – 8 fl. Oz.** | **Cheese Ravioli – 3 each w/ marinara; 2.5 oz****WG Twisted Breadstick – 1 each****Fresh Green Salad – 1 cup****Fresh Strawberries – ½ Cup****Skim Milk – 8 fl. Oz.** | **Buffalo Chicken Enchilada Dip – ½ cup****WG Tortilla Chips – 1 oz****Seasoned Broccoli – ½ Cup****Fresh Pear – 1 each****Skim Milk – 8 fl. Oz.** | **Smoked turkey sausage (beef) & pepper pasta – ½ cup****WG Penne – ½ cup****CA Blend Veg – ½ cup****Pineapple Cup – 1 each****Skim Milk – 8 fl. Oz.** | **BBQ Chicken- 1 each****WG Education Crackers – 1 oz****Baked Potato – 1 each****Fresh Grapes – ½ Cup****Skim Milk – 8 fl. Oz.** |
| **Mediterranean Roasted Chicken –****4 oz****Fresh WG Roll – 1 each****Roasted Veg – ½ cup****Fresh Apple – 1 each****Skim Milk – 8 fl. Oz.** | **Philly Cheesesteak****4 oz meat and veg mix****WG Bun – 1 each****CA Blend Veg – ½ Cup****Fresh Banana – 1 each****Skim Milk – 8 fl. Oz.** | **Spicy Cajun Chicken & Pasta****4 oz pasta/chicken****WG Penne – ½ cup****Scandinavian Veg – ½ cup****Fresh Strawberries – 1 each****Skim Milk – 8 fl. Oz.** | **Spaghetti Bolognese****4 oz sauce and meat****WG Spaghetti – ½ cup****Seasoned 8 Way Veg – ½ cup****Fresh Clementine – 1 each****Skim Milk – 8 fl. Oz.** | **Beef and Bean Chili****½ cup chili** **WG Edu. Crackers – 1 oz****Baked potato – 1 each****Fresh grapes – ½ cup****Skim Milk – 8 fl. Oz.** |
| **Cheese Stuffed Shells – 1 each; 2.5 oz****Fresh WG Roll – 1 each****Scandinavian Veg – ½ cup****Fresh Orange – 1 each****Skim Milk – 8 fl. oz.** | **Taco Tuesday****Beef & Bean Crunchy Tacos****WG taco shells - 2 each****Mexicorn - 1/2 cup** **Fresh Pear -1 each****Skim Milk – 8 FL oz** | **Chicken Stir Fry – ½ cup****WG Rice – ½ cup****Stir Fry Veg – ½ cup****Fresh Apple – 1 each****Skim Milk – 8 fl. oz.** | **Cheeseburger- 1 each****WG Bun – 1 each****Potato wedges – ½ cup****Fresh strawberries – ½ cup****Skim Milk – 8 fl. oz.** | **Breaded Chicken Sandwich - 1 each****WG Bun – 1 each****Potato wedges – ½ cup****Fresh Pear – 1 each** **Skim Milk – 8 fl. oz.** |

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Fri**