



Nutritionized PS - K8

July~August~September 2023

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MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
7/3	7/31	8/28	9/25	7/4 (4 th of July)	8/1	8/29	9/26	7/5	8/2	8/30	9/27	7/6	8/3	8/31	9/28	7/7	8/4	9/1	9/29
Delicious-Made Cheesy Baked Beef Mostaccioli Corn Apple WG Delicious-Made Dinner Roll*				Diced Chicken & Country Gravy Mashed Potatoes Broccoli Banana WG Delicious-Made Bread*				Delicious-Made Macaroni & Cheese HV: Green Peas CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Dinner Roll*				Beef Nachos Shredded Cheddar Cheese Sour Cream Spanish Rice Diced Carrots Pear WG Corn Tortilla Chips*				Delicious-Made Cheesy Chicken & Rice HV: Brussel Sprouts CV: Cucumber Slices Delicious-Made Ranch Dressing Diced Fresh Fruit WG Delicious-Made Dinner Roll*			
7/10	8/7	9/4 (Labor Day)		7/11	8/8	9/5		7/12	8/9	9/6		7/13	8/10	9/7		7/14	8/11	9/8	
Turkey A La King Steamed Rice Diced Carrots Apple WG Delicious-Made Dinner Roll*				Beef Taco Shredded Cheddar Cheese Spanish Black Beans Broccoli Banana WG Soft Flour Tortilla*				Delicious-Made Macaroni & Cheese HV: Roasted Vegetables CV: Cucumber Slices Delicious-Made Ranch Dressing Orange WG Delicious-Made Bread*				Delicious-Made Chicken Fried Rice Green Beans Pear WG Delicious-Made Dinner Roll*				Delicious-Made Italian Beef Meatballs in Marinara Sauce Spaghetti Noodles HV: Cauliflower CV: Southwest Bean Salad Diced Fresh Fruit WG Delicious-Made Bread*			
7/17	8/14	9/11		7/18	8/15	9/12		7/19	8/16	9/13		7/20	8/17	9/14		7/21	8/18	9/15	
Delicious-Made Macaroni & Cheese Carrot Mash Apple WG Delicious-Made Dinner Roll*				Delicious-Made Italian Chicken Oven Browned Potatoes Green Peas Banana WG Delicious-Made Bread*				Delicious-Made Beefy Meat Sauce Rotini Pasta HV: Broccoli CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Dinner Roll*				New! Potato Chicken Taco Shredded Cheddar Cheese Refried Beans Diced Carrots Pear WG Soft Flour Tortilla*				WG Cheese Ravioli* in Delicious-Made Marinara Sauce HV: Green Beans CV: Cucumber Slices Delicious-Made Ranch Dressing Diced Fresh Fruit WG Delicious-Made Bread*			
7/24	8/21	9/18		7/25	8/22	9/19		7/26	8/23	9/20		7/27	8/24	9/21		7/28	8/25	9/22	
Turkey Chili Steamed Rice Green peas Apple WG Delicious-Made Cornbread*				Delicious-Made Cheeseburger Casserole Broccoli Banana WG Delicious-Made Bread*				Delicious-Made Chicken Teriyaki Meatballs Steamed Rice HV: Cauliflower CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Dinner Roll*				Beef Sloppy Joes Baked French Fries Sauteed Cabbage Pear WG Delicious-Made Bun*				Delicious-Made Macaroni & Cheese HV: Roasted Green Beans CV: Southwest Bean Salad Diced Fresh Fruit WG Delicious-Made Bread*			

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.

Menus are subject to change.

(*) Item is WHOLE GRAIN.

**ENTRÉES ARE DELICIOUS MADE (made from scratch)