

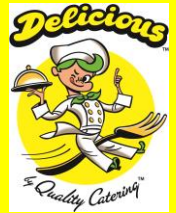


Nutritionized Menu

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.
Menu provided by Quality Catering approved by our Registered Dietitian

(*) Item is **WHOLE GRAIN**. Menus are subject to change.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/30 10/28 11/25 12/23	10/1 10/29 11/26 12/24	10/2 10/30 11/27 12/25(Closed)	10/3 10/31 11/28(Closed) 12/26	10/4 11/1 11/29(Closed) 12/27
Crispy Chicken Steamed Rice QC Vegetable Blend Orange WG House-Made Dinner Roll*	Chicken Marinara Rotini Pasta Carrot Coins Banana WG House-Made Bread*	Macaroni & Cheese CV: Fresh Broccoli House-Made Ranch Dip HV: Green Beans Cantaloupe WG House-Made Bread*	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans Apple WG Soft Flour Tortilla*	Sloppy Joe CV: Cucumber Slices House-Made Ranch Dip HV: Winter Blend Vegetables Pear WG House-Made Bun*
10/7 11/4 12/2	10/8 11/5 12/3	10/9 11/6 12/4	10/10 11/7 12/5	10/11 11/8 12/6
Chicken Alfredo Rotini Pasta Broccoli Apple WG House-Made Bread*	Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese CV: Southwest Bean Salad HV: Peas & Carrots Orange WG Soft Flour Tortilla*	Meatloaf & Beef Gravy Mashed Cauliflower Carrot Coins Watermelon WG House-Made Bread*	Cheese Ravioli in Marinara Sauce* CV: Tossed Salad House-Made Italian Dressing HV: Broccoli Pineapple WG House-Made Bread*	Diced Turkey & Cheese Wrap Honey Mustard Shredded Lettuce Potato Salad Winter Blend Vegetables Honeydew WG Soft Flour Tortilla*
10/14 11/11 12/9	10/15 11/12 12/10	10/16 11/13 12/11	10/17 11/14 12/12	10/18 11/15 12/13
Meatball Marinara Rotini Pasta Carrot Coins Orange WG House-Made Dinner Roll*	Beef Nachos Shredded Cheddar Cheese Sour Cream Refried Beans Spanish Brown Rice* Banana Corn Tortilla Chips	Chicken Chili** Rotini Pasta CV: Cucumber Slices House-Made Ranch Dip HV: Broccoli Honeydew WG House-Made Corn Bread*	BBQ Chicken Mashed Potatoes Corn Orange WG House-Made Bread*	Macaroni & Cheese CV: Fresh Broccoli House-Made Ranch Dip HV: Carrot Coins Watermelon WG House-Made Bread*
10/21 11/18 12/16	10/22 11/19 12/17	10/23 11/20 12/18	10/24 11/21 12/19	10/25 11/22 12/20
Cheesy Potato & Turkey Ham Casserole Peas & Carrots Apple WG House-Made Dinner Roll*	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans Banana WG Soft Flour Tortilla*	Creamy Italian Chicken Rotini Pasta CV: Fresh Broccoli House-Made Ranch Dip HV: Carrot Coins Pineapple WG House-Made Bread*	Swedish Meatballs Herbed Potatoes Corn Pear WG House-Made Bread	Baked Mostaccioli CV: Tossed Salad House-Made Italian Dressing HV: Green Beans Cantaloupe WG House-Made Bread*

