



## EIGHT WEEK LUNCH/DINNER ROTATING MENU

### Week 1

Grilled Chicken Breast, 3 oz  
Peas and Onions, 1/2 cup  
Sweet Potatoes, 1/2 c  
Whole Orange, 1 piece  
Bread, 1 slice  
Oreo cookies, .78 oz  
Milk, 8oz.

Whole Grain Cheese Pizza 4.6oz  
Zucchini, 1/2 c  
Strawberries, 1/2 c  
Cranberry Juice, 4 oz.  
Milk, 8oz.

BBQ Pork Tips, 3 oz.  
Brussel Sprouts, 1/2 cup  
Whole Banana, 1 piece  
Fruit Medley, 1/2 c  
Whole Wheat Roll, 1 oz  
SF Chocolate Pudding, 3.25 oz  
Milk, 8oz.

Garden Vegetable Patty, 3.5 oz  
Succotash, 1/2 cup  
Whole Apple, 1 piece  
Orange Juice, 4 oz  
Bread, 1 slice  
Fig Cookie, 1.5 oz  
Milk, 8oz.

Chicken Cordon Royale, 4 oz  
Broccoli, 1/2 cup  
Raisins, 1 box  
Bread, 1 slice  
Cinnamon Crisps, 1 oz  
Milk, 8oz.

Smoked Chicken Wings, 3 oz.  
Diced Red Skins, 1/2 c  
Green Beans, 1/2 cup  
Apple Juice, 4 oz.  
Bread, 1 slice  
Oatmeal Cookie, .75 oz  
Milk, 8oz.

Salisbury Steak, 2.7 oz.  
Baked Potato, 8 oz.  
Clementine, 1 piece  
Bread, 1 slice  
Animal Crackers, 1 oz  
Milk, 8 oz.

### Week 2

WG Breaded Chicken Patty, 3 oz  
Broccoli, 1/2 c  
Sweet Potatoes, 1/2 c  
Whole banana, 1 piece  
Bread, 1 slice  
SF Vanilla Pudding, 3.25 oz  
Milk, 8oz.

Turkey/Ham Wrap, 4.3 oz  
Sliced Zucchini, 1/2 cup  
Cranberry Juice, 4 oz.  
Whole Orange, 1 piece  
Milk, 8oz.

Oven Roast Turkey, 3 oz.  
Cauliflower, 1/2 c  
Diced Redskin Potatoes, 1/2 c  
Whole Apple, 1 piece  
Whole Wheat Roll, 1 oz  
Blueberry Crisps, 1 oz.  
Milk, 8oz.

Beef Patty, 2.5 oz  
Brussel Sprouts, 1/2 c  
Baked Potato, 8 oz  
Bread, 1 slice  
Strawberry Chex Mix, 1.2 oz  
Milk, 8oz.

Cheese Stuffed Shells, 3 oz.  
Low Sodium Tomato Sauce, 1/2 c  
Apple Juice, 4 oz.  
Clementine, 1 piece  
Bread, 1 slice  
Milk, 8oz.

Meatloaf, 3 oz.  
Green Beans, 1/2 c  
Pineapples, 1/2 cup  
Grape Juice, 4 oz  
Bread, 1 slice  
Oatmeal Cookie, .75 oz.  
Milk, 8oz.

Chicken Grill 3 oz.  
Peas and Carrots, 1/2 c  
Roasted Baby Bakers, 1/2 c  
Peaches, 1/2 cup  
Bread, 1 slice  
Graham Crackers, 1.1 oz.  
Milk, 8oz.

### Week 3

Buffalo Chicken Nuggets, 3 oz  
Diced Redskin Potatoes, 1/2 cup  
Asparagus, 1/2 cup  
Whole banana, 1 piece  
Bread, 1 slice  
SF Vanilla Pudding, 3.25 oz  
Milk, 8oz.

Chopped BBQ Chicken, 3oz  
Broccoli, 1/2 cup  
Twice Baked Potato, 5oz  
Whole Apple, 1 piece  
Whole Wheat Pretzel, 2.2 oz  
Milk, 8oz.

Macaroni & Cheese, 7 oz  
Peas, 1/2 cup  
Pineapples, 1/2 cup  
Apple Juice, 4 oz  
Fat Free Yogurt, 4 oz  
Milk, 8oz.

Meatloaf, 3 oz  
Lima Beans, 1/2 cup  
Orange Pineapple Juice, 4 oz.  
Whole Orange, 1 piece  
Bread, 1 slice  
Shortbread Cookie, .5oz  
Milk, 8oz.

Oven Roast Turkey, 3 oz  
Sweet Potato, 1/2 cup  
Green Beans, 1/2 cup  
Strawberries, 1/2 cup  
Bread, 1 slice  
Gingerbread Cookie, .75 oz  
Milk, 8oz.

Salmon, 3 oz.  
Mixed Vegetables, 1/2 cup  
Apple Sauce, 4 oz  
Orange Juice, 4 oz.  
Bread, 2 slices  
Milk, 8oz.

Mini Turkey Corn Dogs, 3 oz  
Baked Potato, 8 oz  
Clementine, 1 piece  
Granola Bar, 1 oz  
Jack Cheese Cubes, 1 oz  
Milk, 8oz.

### Week 4

Smoked Pork Patty, 2 oz  
Sweet Potatoes, 1/2 c  
Cauliflower, 1/2 c  
Whole Banana, 1 piece  
Bread, 1 slice  
Oatmeal Cookie, .75 oz  
Jack Cheese Cubes, 1 oz  
Milk, 8oz.

Whole Grain Grilled Cheese, 3.2 oz  
Whole Orange, 1 piece  
Wax Beans, 1/2 cup  
Low Sod Tomato Soup, 7.25 oz.  
Milk, 8oz.

Chicken Drumstick, 3 oz  
Diced Redskin Potatoes, 1/2 cup  
Peas, 1/2 cup  
Cranberry Juice, 4 oz  
Whole Wheat Roll, 1 oz  
Chocolate Chip Cookie, .75 oz  
Milk, 8oz.

Citrus Marinated Turkey, 4 oz.  
Sliced Zucchini, 1/2 cup  
Whole Apple, 1 piece  
Grape Juice, 4 oz  
Bread, 2 slices  
Milk, 8oz.

Chicken Enchilada, 5 oz  
Salsa Cup, 3 oz  
Mixed Vegetable, 1/2 cup  
Clementine, 1 piece  
WG Cheddar Cheese Cracker, 1 oz.  
Milk, 8oz.

Salisbury Steak, 2.7 oz  
Baked Potato, 8 oz  
Orange Juice, 4 oz  
Bread, 1 slice  
SF Chocolate Pudding, 3.25 oz  
Milk, 8oz.

Breaded Turkey Cutlet, 3 oz  
Broccoli, 1/2 cup  
Carrots, 1/2 cup  
Sliced Apples, 1/2 cup  
Bread, 1 slice  
Caramel Chex Mix, 1 oz  
Milk, 8oz.

*\*menus subject to change*

*NOTE: The juices will contain the required RDA for Vitamin C - All juices are 100% Natural and Unsweetened*

**2/11/2019**



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### Week 5

Beef and Bean Burrito 5 oz.  
Asparagus, 1/2 cup  
Corn, 1/2 cup  
Whole Orange, 1 piece  
Fat Free Sour Cream, 1 oz  
Milk, 8oz.

Beef Brisket, 3 oz  
Brussel Sprouts, 1/2 cup  
Raisins, 1 box  
Bread, 1 slice  
Pound Cake, 1.75 oz  
Milk, 8oz.

Tuna, 2.6 oz.  
Lima Beans, 1/2 cup  
Whole Banana, 1 piece  
Orange/Pineapple Juice, 4 oz  
Bread, 1 slice  
Cinnamon Crisps, 1 oz  
Milk, 8oz.

Turkey Ham on Hawaiian Bun 3 oz  
Carrots, 1/2 cup  
Whole Apple, 1 piece  
Cranberry Juice, 4 oz  
Fat Free Yogurt, 4 oz  
Milk, 8 oz

Stuffed Green Pepper, 4.5 oz  
Baked potato, 8 oz  
Clementine, 1 piece  
Bread, 1 slice  
Cottage Cheese, 1/2 cup  
Milk, 8oz.

Chicken Patty, 3 oz  
Green Beans, 1/2 cup  
Pineapple, 1/2 c  
Grape Juice, 4 oz  
Bread, 1 slice  
Graham Crackers, 1.1 oz  
Milk, 8oz.

Turkey Burger Patty, 2.5 oz  
Sweet Potato, 1/2 c  
Cauliflower, 1/2 c  
Strawberries, 1/2 c  
Bread, 1 slice  
Fig Cookie, 1.5 oz  
Milk, 8oz.

### Week 6

Beef Pot Roast, 2 oz  
Diced Redskin Potatoes, 1/2 cup  
Broccoli, 1/2 cup  
Whole Banana, 1 piece  
Bread, 1 slice  
Chocolate Chip Cookie, .75 oz  
Peanut Butter Cup, .75 oz  
Milk, 8oz.

Chicken Eggroll, 3 oz  
Sliced Zucchini, 1/2 c  
Whole Orange, 1 piece  
Cranberry Juice, 4 oz  
Fortune Cookie, 2 pieces  
Jack Cheese Cubes, 1 oz  
Milk, 8oz.

Chicken Drumstick, 3 oz  
Mixed Vegetables, 1/2 cup  
Sweet Potatoes, 1/2 c  
Clementine, 1 piece  
Bread, 1 slice  
Oatmeal Cookie, .75 oz  
Milk, 8oz.

Beef Patty, 2.5 oz  
Baked Potato, 8 oz  
Pineapples, 1/2 cup  
Bread, 1 slice  
Animal Crackers, 1 oz  
Milk, 8oz.

White Macaroni & Cheese, 7 oz  
Green Beans, 1/2 c  
Whole Apple, 1 piece  
Orange Juice, 4 oz  
Milk, 8oz.

Tuna 2.6 oz.  
Corn, 1/2 cup  
Brussel Sprouts, 1/2 cup  
Applesauce, 4 oz  
Bread, 2 slices  
Milk, 8oz.

Asian Chicken Sandwich, 5.6oz  
Cauliflower, 1/2 c  
Carrots, 1/2 cup  
Cranberry Juice, 4 oz  
Milk, 8oz.

### Week 7

White Castle Ch Burger 3.7 oz.  
Broccoli, 1/2 c  
Whole Banana, 1 piece  
Sliced Apples, 1/2 c  
Milk, 8oz.

Turkey Meatballs & Sauce, 3.4 oz  
Whole Apple, 1 piece  
Brussel Sprouts, 1/2 c  
Bread, 1 slice  
Animal Crackers, 1 oz  
Fat Free Yogurt, 4 oz  
Milk, 8 oz

Broccoli & Cheese Chicken 4 oz  
Cauliflower, 1/2 c  
Green Beans, 1/2 c  
Cranberry Juice, 4 oz  
Bread, 1 slice  
SF Chocolate Pudding, 3.25 oz  
Milk, 8oz.

Cheese Quesidilla, 4.1 oz  
Asparagus, 1/2 c  
Applesauce, 4 oz  
Whole Orange, 1 piece  
Milk, 8oz.

Oven Roast Turkey, 3 oz  
Baked Potato, 8 oz  
Apple Juice, 4oz.  
Bread, 1 slice  
Shortbread Cookie, .5 oz  
Milk, 8oz.

Pepperoni Calzone, 4.5 oz  
Peas & Carrots, 1/2 cup  
Wax Beans, 1/2 cup  
Grape Juice, 4 oz  
Milk, 8oz.

Beef Patty, 2.5 oz  
Sweet Potatoes, 1/2 c  
Strawberries, 1/2 c  
Clementine, 1 piece  
Bread, 2 slices  
Milk, 8 oz.

### Week 8

Beef Pot Roast, 2 oz.  
Red Skin Potatoes, 1/2 c  
Cauliflower, 1/2 c  
Cranberry Juice, 4 oz.  
Whole Wheat Pretzel, 2.5 oz.  
Milk, 8oz.

Grilled Chicken Breast, 3 oz  
Brussel Sprouts, 1/2 cup  
Baked Potato, 8 oz  
Bread, 1 slice  
Bean & Veggie Cracker, 1 oz.  
Milk, 8oz.

Salmon, 3 oz.  
Asparagus, 1/2 cup  
Mini Roasted Potatoes, 1/2cup  
Whole Orange, 1 piece  
Bread, 1 slice  
Blueberry Crisps, 1 oz  
Milk, 8oz.

Breaded Chicken Thigh, 3.5 oz  
Broccoli, 1/2 cup  
Grape Juice 4 oz.  
Whole Apple, 1 piece  
Bread, 1 slice  
Gingerbread Cookies, .75 oz  
Milk, 8oz.

Twin Chicken Sandwich, 4.5 oz  
Corn, 1/2 cup  
Strawberries 1/2 cup  
Whole Banana, 1 piece  
Oatmeal Cookie, .75 oz  
Milk, 8oz.

Salisbury Steak, 2.7 oz  
Wax Beans, 1/2 cup  
Sliced Zucchini, 1/2 cup  
Orange Juice, 4 oz  
Bread, 1 slice  
Animal Crackers, 1 oz  
Milk, 8oz.

BBQ Beef, 3 oz  
Green Beans, 1/2 c  
Pineapples, 1/2 c  
Clementine, 1 piece  
Bread, 1 slice  
Graham Crackers, 1.1 oz.  
Milk, 8oz.

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