



EIGHT WEEK LUNCH/DINNER ROTATING MENU

Week 1

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

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

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

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

Black Bean Burger, 3.3 oz
Succotash, 1/2 c
Whole Apple, 1 ea.
Orange Juice, 4 oz
Bread, 1 slice
Fig Cookie, 1.5 oz
Milk, 8 oz.

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, 8 oz.

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.

Cheese Stuffed Shells, 5 oz
Low Sodium Tomato Sauce, 1/2 c
Apple Juice, 4 oz
Clementine, 1 piece
Bread, 1 slice
Milk, 8oz.

Ranch Flavored Tuna, 2.6 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, 8 oz

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.

TurkeyHam&Ch Hawaiiin Bun 3 oz
Sliced Zucchini 1/2 c
Cranberry Juice, 4 oz
Whole Orange, 1 piece
Fat Free Yogurt, 4 oz
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.

Grilled Chicken, 3 oz.
Peas and Carrots, 1/2 c
Seasoned Redskins, 1/2 cup
Peaches, 1/2 cup
Bread, 1 slice
Graham Crackers, 1.1 oz.
Milk, 8oz.

Week 3

Meatloaf, 3 oz
Lima Beans, 1/2 cup
Orange Pineapple Juice, 4 oz.
Whole Orange, 1 piece
Bread, 1 slice
Chocolate Chip Cookie, .75 oz
Milk, 8oz.

Buffalo Chicken Nuggets, 3 oz
Diced Redskin Potatoes, 1/2 c
Asparagus, 1/2 c
Whole Banana, 1 piece
Bread, 1 slice
SF Vanilla Pudding, 3.25 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.

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

Chopped BBQ Chicken, 3 oz
Broccoli, 1/2 c
Seasoned Redskins, 1/2 c
Whole Apple, 1 piece
Whole Wheat Pretzel, 2.2 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.

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 Vegetables, 1/2 c
Clementine, 1 piece
WG Cheddar Cheese Cracker, 1 oz
Milk, 8 oz

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

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

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

9/1/2019



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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.

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

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

TurkeyHam&Ch 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

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

Black Bean Burger, 3.3 oz
Diced Redskin Potatoes, 1/2 c
Broccoli, 1/2 c
Whole Banana, 1 piece
Bread, 1 slice
Chocolate Chip Cookie, .75 oz
Milk, 8oz.

Chicken Drumstick, 3 oz
Mixed Vegetables, 1/2 cup
Sweet Potatoes, 1/2 cup
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

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

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, 8 oz

Lemon Pepper Tuna, 2.6 oz
Baked Potato, 8 oz
Apple Juice, 4oz.
Bread, 1 slice
Chocolate Chip Cookie, .75 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

Breaded Turkey Cutlet, 3 oz
Broccoli, 1/2 c
Grape Juice, 4 oz
Whole Apple, 1 piece
Bread, 1 slice
Gingerbread Cookie, .75oz
Milk, 8 oz

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.

Salisbury Steak, 2,7 oz
Red Skin Potatoes, 1/2 c
Cauliflower, 1/2 c
Cranberry Juice, 4 oz
Whole Wheat Pretzel. 2.5 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.

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.

Breaded Chicken Thigh, 3.5 oz
Wax Beans, 1/2 c
Sliced Zucchini, 1/2 c
Orange Juice, 4 oz
Bread, 1 slice
Animal Crackers, 1 oz
Milk, 8 oz.

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