





MON

TUE

WED





THUR

FRI

3 Chicken Breast Chunks Brown Rice on Chicken stock/broth Skillet Zucchini and Yellow Squash Unsweetened Applesauce	4 Shepherd's Pie with Ground Beef Organic Peas and Carrots and Fresh Mash Potato Baked with Bread Crumbles on top Fresh Organic Fruits	5 Baked Cheesy Chicken Taquito Buttery Sweet Corn Salad with Lime and Sour Cream Sauce Fresh Organic Fruits	6 Homemade Lasagna with Meat and Spinach-Ricotta Dinner Roll Fresh Organic Fruits	7  PIZZA
10 Chicken Alfredo Pasta with Organic Broccoli and Shredded Cheese on top Unsweetened Applesauce	11 Breaded Fish/Fish Sticks Lemon Garlic Pasta Skillet with Green Beans Soft Roll Fresh Organic Fruits	12 Stir Fry Steak Steamed Baby Carrots Enriched Jasmine White Rice Fresh Organic Fruits	13 Diced Chicken Pasta On Butter Organic Petite Peas Fresh Organic Fruits	14  PIZZA
17 NO SCHOOL	18 Chicken Quesadilla Soft flour tortillas, Shredded Chicken and Shredded Cheese Cauli-Potato Hash Browns on the side Fresh Organic Fruits	19 Creamy Mac & Cheese (with Butternut Squash on the Sauce) and oven baked Diced Chicken Fresh Organic Fruits	20 Ground Beef Stroganoff Enriched with Mixed Vegetables Egg Noodles Fresh Organic Fruits	21  PIZZA
24 Monday Brunch Mini Pancakes with Sugar-Free Jelly, Egg Muffins with Spinach and Turkey, Turkey Sausage and Baked Potatoes Milk and Cookies	25 Homemade Tempura Chicken Nuggets Steamed Broccoli Enriched Jasmine White Rice Fresh Organic Fruits	26 Burger Party Premium Potato Buns, Homemade Meat-Broccoli patties & Cheese, Potato Tots with Cauliflower Fresh Organic Fruits	27 COLD MEAL - TACOS Diced Chicken, Shredded Cheese Shredded Lettuce, Diced Tomato Sweet Corn, Black Beans Corn or Flour Tortillas Fresh Organic Fruits	28  PIZZA

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MON		TUE		WED		THUR		FRI	
3	Chicken Breast Chunks Brown Rice on Chicken stock/broth Skillet Zucchini and Yellow Squash Unsweetened Applesauce	4	Shepherd's Pie with Ground Beef Organic Peas and Carrots and Fresh Mash Potato Baked with Bread Crumbles on top Seasonal Fresh Fruit	5	Chicken in Barbecue Sauce Green Peas Soft Roll Seasonal Fresh Fruit	6	Spaghetti Bolognese Green Salad (Spinach, Romaine) Italian or Ranch Dressing Steamed Baby Carrots Garlic Bread Pears	7	 PIZZA
10	Chicken Alfredo Pasta with Organic Broccoli and Shredded Cheese on top Unsweetened Applesauce	11	Breaded Fish/Fish Sticks Ketchup Cucumber Slices Soft Roll Seasonal Fresh Fruit	12	Sliced Turkey Steamed Baby Carrots Mashed Potato Corn Muffin Seasonal Fresh Fruit	13	Diced Chicken Brown Rice on Chicken stock/broth Green Peas Pears	14	 PIZZA
17	NO SCHOOL	18	Chicken Tetrazzini Pasta Fresh Tomato Slices Seasonal Fresh Fruit	19	Breaded Fish/Fish Sticks Green Peas Soft Roll Ketchup Seasonal Fresh Fruit	20	Ground Beef Stroganoff Enriched with Mixed Vegetables Egg Noodles Mandarin Oranges	21	 PIZZA
24	Roast Turkey Slices Peas and Carrots 100% Whole Wheat Roll Butter or Marg. Unsweetened Applesauce	25	Homemade Tempura Chicken Nuggets Ketchup Steamed Broccoli 100% Whole Grain Bread Butter or Marg Seasonal Fresh Fruit	26	Cheeseburger Green Peas Bun Mustard, Mayo, Ketchup Seasonal Fresh Fruit	27	TACO PARTY Diced Chicken, Shredded Cheese Shredded Lettuce, Diced Tomato Sweet Corn, Black Beans Corn or Flour Tortillas Corn Fruit Cocktail	28	 PIZZA