

MON	TUE	WED	THUR	FRI
2 Chicken Alfredo Pasta with Organic Broccolis and Shredded Cheese on top Unsweetened Applesauce	3 Picadillo Ground Beef mixed with Sweet Corn and Diced Carrots Enriched Basmati White Rice Organic Beans and Plantains Seasonal Fresh Fruit	4 Creamy Mac & Cheese with Butternut Squash (on the sauce) Homemade Beef Meatballs Seasonal Fresh Fruit	5 Oven Baked Mamaw's Chicken & Rice Enriched Basmati Yellow Rice Mixed with Organic Sweet Corn, Organic Petite Peas and Red Beans plus Pasture-Raised Chicken Breast Seasonal Fresh Fruit	6  PIZZA
9 Baked Diced Chicken Enriched Basmati White Rice Sweet Buttery Corn Pasture-Raised Chicken Breast Organic Beans Unsweetened Applesauce	10 Tetrazzini Pasta with Petite Peas and Mushroom Pasture-Raised Chicken Breast and Tomato Salad on the side Seasonal Fresh Fruit	11 Fish Sticks & "Chips" Breaded Fish Sticks Steamed Baby Carrots Yellow baked Potatoes and Organic Baby Peas Seasonal Fresh Fruit	12 Ground Beef Stroganoff Egg Noodles Ground Beef Stroganoff Sauce with carrots and Mushrooms Seasonal Fresh Fruit	13  PIZZA
16 NO SCHOOL	17 Chinese New Year Special Asiatic Inspired Fried Rice with Veggie Mix, Organic Baby Corn and Scrambled eggs and Pasture-Raised Chicken Breast Seasonal Fresh Fruit	18 Chicken Cheese Burger Party Premium Potato Buns, Homemade Chicken-Carrots-Quinoa patties, Premium Martin Potato Buns Homemade Cauliflower-Potato Tots Seasonal Fresh Fruit	19 Teriyaki Beef Meatball Enriched Brown Rice with Quinoa Organic Steamed Broccoli and Organic Sweet Corn Organic Beans Seasonal Fresh Fruit	20  PIZZA
23 Cheese Ravioli with Fresh Tomato Sauce Organic Petite Peas Garlic Bread Roll Unsweetened Applesauce	24 Beef Meatloaf with Carrots Enriched Basmati Broccoli Rice with Organic Broccolis Organic Beans Seasonal Fresh Fruit	25 Oven Roasted Turkey Breast Roasted Sweet Potatoes mashed Braised Green Beans Corn on the Cob Corn Muffin Seasonal Fresh Fruit	26 Veggie Packed Beef Empanadas (with carrots and cauliflower) Enriched Basmati Mexican Rice and Organic Steamed Broccoli Seasonal Fresh Fruit	27  PIZZA

MON	TUE	WED	THUR	FRI
2 Baked Diced Chicken Fresh Mashed Sweet Potato, Steamed Broccoli, Whole Grain Bread	3 Chicken Tetrazzini Pasta	4 Breaded Fish Sticks Green Peas/Soft Roll	5 Ground Beef Stroganoff Egg Noodles and Organic Mixed Vegetables	6  PIZZA
9 Roast Turkey Slices Peas and Carrots Wheat Roll	10 Chicken Nuggets Mixed Veggies	11 Cheeseburger Peas and Cauli-Potato Tots	12 Taco Party	13  PIZZA
16 NO SCHOOL	17 Meatloaf with Ground Beef Carrots, Mashed Sweet Potato, Steamed Organic Broccoli	18 Chicken in Gravy or Sauce Green Peas & Mash Potatoes	19 Beef Bolognese Pasta	20  PIZZA
23 Chicken Alfredo Pasta Organic Broccoli	24 Breaded Fish Sticks Cucumber Slices or Sweet Corn	25 Sliced Turkey Roasted Sweet Potatoes mashed Braised Green Beans Corn on the Cob Corn Muffin	26 Diced Chicken Brown Rice and Green Peas	27  PIZZA