







MON		TUE		WED		THUR		FRI	
30	<b>Monday Brunch</b> Mini Pancakes with Sugar-Free Jelly Egg Muffins with Spinach Plus Cheesy Cauli-Potato Tots  Yogurt	31	<b>Oven-Baked Fish Cakes</b> Roasted Baby Potatoes Sweet Corn & Pea Medley Lemon Yogurt Dip  Seasonal Fresh Fruit	1	<b>Asiatic Inspired Fried Rice</b> with Veggie Mix, Organic Baby Corn and Scrambled eggs Pasture-Raised Chicken Breast  Seasonal Fresh Fruit	2	<b>Cheesy Arepas Fiesta</b> Arepa con Queso Arroz con Pollo (Shredded Chicken on Mexican Style Rice, Enriched with carrots puree)  Seasonal Fresh Fruit	3 <b>NO SCHOOL</b>	
6	<b>Creamy Mac &amp; Cheese</b> with Butternut Squash (on the sauce) & Homemade Beef Meatballs  Unsweetened Applesauce	7	<b>Oven Baked Mamaw's Chicken &amp; Rice</b> Enriched Basmati Yellow Rice Mixed with Organic Sweet Corn, Organic Petite Peas and Pasture-Raised Chicken Breast Organic Pinto Bean Seasonal Fresh Fruit	8	<b>Brazilian Feijoada (No Pork)</b> Shredded Beef Feijoada Style with Organic Black Beans, Brown Rice Green Beans and Farofa  Seasonal Fresh Fruit	9	<b>Chicken Quesadilla</b> Soft flour tortillas, Shredded Chicken and Shredded Cheese Cauli-Potato Hash Browns Baby Carrots on the side  Fresh Organic Fruits	10  <b>PIZZA</b>	
13	<b>Chicken Nuggets</b> Pasta, Marinara Sauce Mixed Veggies  Unsweetened Applesauce	14	<b>Ropa Vieja (shredded beef stew)</b> with Carrots and Potatoes Enriched Basmati White Rice Plantains  Seasonal Fresh Fruit	15	<b>Chicken Cheese Burger Party</b> Premium Potato Buns, Homemade Chicken-Carrots-Quinoa patties, Premium Martin Potato Buns Homemade Cauliflower-Potato Tots  Seasonal Fresh Fruit	16	<b>Pasture-Raised Chicken Breast</b> Enriched Basmati White Rice with Organic Sweet Peas and Organic Lentils  Seasonal Fresh Fruit	17  <b>PIZZA</b>	
20	<b>Chicken Parmeggiana</b> Pasta on Marinara Sauce with Organic Broccolis and Shredded Cheese on top  Unsweetened Applesauce	21	<b>Meatloaf with Ground and carrots</b> Fresh Mashed Sweet Potato Whole Grain Bread Butter or Marg Ketchup  Seasonal Fresh Fruit	22	<b>Pasture-Raised Chicken Breast</b> Enriched Basmati White Rice Organic Vegetable Mix (California Blend) Organic Pinto Beans  Fresh Orange Slices	23	<b>Homemade Mini Kibbeh</b> Syrian Rice with Angel Hair Pasta Organic Lentils Cucumber & Yogurt Salad  Seasonal Fresh Fruit	24  <b>PIZZA</b>	
27	<b>Creamy Pumpkin Alfredo</b> Buttery Pasta Breaded Chicken Soft Roll on the side  Unsweetened Applesauce	28	<b>Wild Caught Fish Sticks</b> Enriched Basmati White Rice Pinto Bean Cucumber Slices Yogurt Dip  Seasonal Fresh Fruit	29	<b>Ground beef</b> Quinoa Rice Steamed Carrots Organic Pinto Beans  Seasonal Fresh Fruit	30	<b>Lemon &amp; Herb Baked Chicken</b> Fresh Mashed Potato Steamed Buttered Peas  Seasonal Fresh Fruit	1	

MON		TUE		WED		THUR		FRI	
30	<b>Baked Diced Chicken</b> Fresh Mashed Sweet Potato Steamed Broccoli Whole Grain Bread Butter or Marg Unsweetened Applesauce	31	<b>Chicken Tetrazzini Pasta</b> Fresh Tomato Slices Mandarins	1	<b>Breaded Fish/Fish Sticks</b> Green Peas Soft Roll Ketchup Seasonal Fresh Fruit	2	<b>Ground Beef Stroganoff</b> Mixed Vegetables Egg Noodles Seasonal Fresh Fruit	<b>NO SCHOOL</b>	
6	<b>Roast Turkey Slices</b> Peas and Carrots Whole Grain Bread Butter or Marg Unsweetened Applesauce	7	<b>Chicken Nuggets</b> Ketchup Steamed Broccoli Whole Grain Bread Butter or Marg Mandarins	8	<b>Cheeseburger</b> Green Beans Bun Mustard, Mayo, Ketchup Seasonal Fresh Fruit	9	<b>TACO PARTY</b> Diced Chicken, Shredded Cheese Shredded Lettuce, Diced Tomato Sweet Corn, Black Beans Corn or Flour Tortillas Corn Seasonal Fresh Fruit	 <b>PIZZA</b>	
13	<b>Sweet and Sassy Chicken</b> Chicken Breast with Honey Mustard Glaze) Italian Green Beans Brown Rice with Quinoa Unsweetened Applesauce	14	<b>Meatloaf with Ground Beef and carrots</b> Fresh Mashed Sweet Potato Organic Broccolis Enriched Basmati White Rice Ketchup Mandarins	15	<b>Chicken in Gravy or Sauce</b> Green Peas Soft Roll Seasonal Fresh Fruit	16	<b>Perfect Beef Bolognese Pasta</b> Pasta and Enriched Bolognese Beef Sauce with Carrots and Cauliflower (Shredded Parmesan Cheese on top) Spinach, Romaine, Tomato, Cucumber Italian or Ranch Dressing Seasonal Fresh Fruit	 <b>PIZZA</b>	
20	<b>Chicken Alfredo Pasta</b> with Green Peas and Shredded Cheese on top Unsweetened Applesauce	21	<b>Breaded Fish/Fish Sticks</b> Ketchup Cucumber Slices Soft Roll Mandarins	22	<b>Sliced Turkey</b> Steamed Baby Carrots Mashed Potato Corn Muffin Seasonal Fresh Fruit	23	<b>Diced Chicken</b> Brown Rice on Chiken stock/broth Green Beans Seasonal Fresh Fruit	 <b>PIZZA</b>	
27	<b>Baked Diced Chicken</b> Fresh Mashed Sweet Potato Steamed Broccoli Whole Grain Bread Butter or Marg Unsweetened Applesauce	28	<b>Chicken Tetrazzini Pasta</b> Fresh Tomato Slices Mandarins	29	<b>Breaded Fish/Fish Sticks</b> Green Peas Soft Roll Ketchup Seasonal Fresh Fruit	30	<b>Ground Beef Stroganoff</b> Mixed Vegetables Egg Noodles Seasonal Fresh Fruit	<b>1</b>	