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| **January 2020** |  | Chicken Quesadillas  1.5 oz meat, 1 oz tortilla¼ C Spanish Rice ¼ C Mandarin Oranges ¼ C Celery Sticks  | McRib w/ Bun  1.5 meat , 1 oz bun¼ C Green Beans ¼ C Fruit Cocktail  | \*\*Fish Sticks¼ C Mashed PotatoesGreen Beans 1/8CPears 1/8 C |
| Meatballs  1.5 oz meat ¼ C Mashed Potatoes¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches French Bread  .5 oz | \*\*Rotini & Meat Sauce 1.0 oz meat, 1oz pasta , .5 oz cheese¼ C Sweet Peas¼ C Pears Cheese Stick .5 oz | Beef Tacos  1.5 oz meat, 1 oz wheat tortilla, .5 oz cheese ¼ C Spanish Rice¼ C Corn ¼ C Peaches  | \*\*Stuffed Crust Cheese Pizza 1.5 oz cheese, .5 oz crust ¼ C Mixed Greens(w/1 T of dressing)¼ C Mandarin Oranges | Baked Chicken Strips 1.5 oz meat¼ C Cooked CarrotsFresh Apple Half  1/4 COrange Muffin .9 oz |
| Chicken Patty on Bun   1.5 oz beef/ ¼ C beans/ ¼ C sauce¼ C Celery Sticks ¼ C Pears | Turkey Sloppy Joe  1.5 oz meat/ bun 1oz¼ C Fresh Cucumber Slices ¼ C Applesauce | Cheeseburger 1.5 oz beef/ 1 oz cheese/ bun 1 oz ¼ C TatorTots ¼ C Carrot Sticks¼ C Fruit Cocktail  | \*\*French Toast Sticks  1.1 oz Sausage Links 1.5 oz meat¼ C Potato Cubes ¼ C Cinnamon Applesauce | Turkey Deli Sandwiches on WW BreadPeasFresh Apple Half |
| \*\*Mini Corn Dogs 1.5oz meat, .5 oz crust¼ C mixed Greens w/ 1 tsp dressing¼ C Pineapple chunksBlueberry Muffin .9 oz | Hot Dogs on Bun ¼ C Mashed Potatoes w/ Gravy ¼ C Applesauce  | Plain Grilled Cheese Sandwiches on WW¼ C Pears¼ C Mixed Greens(w/1 T of dressing) | \*\*½ C Pasta & Meat Sauce 1.5 oz beef/ ¼ C pasta/ ¼ C sauce¼ C Steamed Cauliflower ¼ C Fresh Orange Slices Garlic Bread .5 oz | Salisbury Steak  1.5 oz meat¼ C Fresh Cucumber Slices ¼ C Sweet Potato CubesBlueberry Muffin .9 oz |
| Chicken Nuggets  2 oz meat ¼ C Green Beans¼ C Mandarin Oranges Whole Wheat Bread 1 oz | Taco In a Bag 1.5 oz beef/ .5 oz cheese/ 1 oz tortilla chips/¼ C lettuce/1½ oz salsa¼ C Celery Sticks Fresh Orange Half 1/4 C | \*\*Plain Macaroni and Cheese , 1 oz pasta¼ C Steamed Broccoli & Cheese¼ C Peaches Dinner Roll 1 oz | Teriyaki Chicken 1.5 oz meat¼ C Stir-fry Vegetables ¼ C Fruit Cocktail ¼ C White Rice | Hamburger Patty w/ Bun 1.5 oz meat / 1 oz Bun ¼ C Baby Carrot Sticks¼ C Oven Fries ¼ C Pineapple Chunks |
| BBQ Chicken Sandwich 1.5 oz meat, 1 oz bun¼ C Baked Beans ¼ C Fresh Banana Half | \*\*½ C Lasagna w/ Meat  Sauce (SMALL NOODLES) ¼ C pasta/ 1.5 oz beef, ¼ C sauce/ .5 oz cheese¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches Garlic Bread Stick .5 oz | Chicken Quesadillas  1.5 oz meat, 1 oz tortilla¼ C Spanish Rice ¼ C Mandarin Oranges ¼ C Celery Sticks  | McRib w/ Bun  1.5 meat , 1 oz bun¼ C Green Beans ¼ C Fruit Cocktail  | \*\*Fish Sticks¼ C Mashed PotatoesGreen Beans 1/8CPears 1/8 C |
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| Chicken Patty on Bun   1.5 oz beef/ ¼ C beans/ ¼ C sauce¼ C Celery Sticks ¼ C Pears | Turkey Sloppy Joe  1.5 oz meat/ bun 1oz¼ C Fresh Cucumber Slices ¼ C Applesauce | Cheeseburger 1.5 oz beef/ 1 oz cheese/ bun 1 oz ¼ C TatorTots ¼ C Carrot Sticks¼ C Fruit Cocktail  | \*\*French Toast Sticks  1.1 oz Sausage Links 1.5 oz meat¼ C Potato Cubes ¼ C Cinnamon Applesauce | Turkey Deli Sandwiches on WW BreadPeasFresh Apple Half |
| \*\*Mini Corn Dogs 1.5oz meat, .5 oz crust¼ C mixed Greens w/ 1 tsp dressing¼ C Pineapple chunksBlueberry Muffin .9 oz | Hot Dogs on Bun ¼ C Mashed Potatoes w/ Gravy ¼ C Applesauce  | Plain Grilled Cheese Sandwiches on WW¼ C Pears¼ C Mixed Greens(w/1 T of dressing) | \*\*½ C Pasta & Meat Sauce1.5 oz beef/ ¼ C pasta/ ¼ C sauce¼ C Steamed Cauliflower ¼ C Fresh Orange Slices Garlic Bread .5 oz | Salisbury Steak  1.5 oz meat¼ C Fresh Cucumber Slices ¼ C Sweet Potato CubesBlueberry Muffin .9 oz |
|  |  |  |  | **February 2020** |
| Chicken Nuggets  2 oz meat ¼ C Green Beans¼ C Mandarin Oranges Whole Wheat Bread 1 oz | Taco In a Bag 1.5 oz beef/ .5 oz cheese/ 1 oz tortilla chips/¼ C lettuce/1½ oz salsa¼ C Celery Sticks Fresh Orange Half 1/4 C | \*\*Plain Macaroni and Cheese , 1 oz pasta¼ C Steamed Broccoli & Cheese¼ C Peaches Dinner Roll 1 oz | Teriyaki Chicken 1.5 oz meat¼ C Stir-fry Vegetables ¼ C Fruit Cocktail ¼ C White Rice | Hamburger Patty  w/ Bun 1.5 oz meat / 1 oz Bun ¼ C Baby Carrot Sticks¼ C Oven Fries ¼ C Pineapple Chunks |
| BBQ Chicken Sandwich  1.5 oz meat, 1 oz bun¼ C Baked Beans ¼ C Fresh Banana Half | \*\*½ C Lasagna w/  Meat  Sauce (SMALL NOODLES) ¼ C pasta/ 1.5 oz beef, ¼ C sauce/ .5 oz cheese¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches Garlic Bread Stick .5 oz | Chicken Quesadillas  1.5 oz meat, 1 oz tortilla¼ C Spanish Rice ¼ C Mandarin Oranges ¼ C Celery Sticks  | McRib w/ Bun  1.5 meat , 1 oz bun¼ C Green Beans ¼ C Fruit Cocktail  | \*\*Fish Sticks ¼ C Mashed PotatoesGreen Beans 1/8CPears 1/8 C |
| Meatballs  1.5 oz meat ¼ C Mashed Potatoes¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches French Bread  .5 oz | \*\*Rotini & Meat Sauce 1.0 oz meat, 1oz pasta , .5 oz cheese¼ C Sweet Peas¼ C Pears Cheese Stick .5 oz | Beef Tacos  1.5 oz meat, 1 oz wheat tortilla, .5 oz cheese ¼ C Spanish Rice¼ C Corn ¼ C Peaches  | \*\*Stuffed Crust Cheese  Pizza 1.5 oz cheese, .5 oz crust ¼ C Mixed Greens(w/1 T of dressing)¼ C Mandarin Oranges | Baked Chicken Strips 1.5 oz meat¼ C Cooked CarrotsFresh Apple Half  1/4 COrange Muffin .9 oz |
| Chicken Patty on Bun   1.5 oz beef/ ¼ C beans/ ¼ C sauce¼ C Celery Sticks ¼ C Pears | Turkey Sloppy Joe  1.5 oz meat/ bun 1oz¼ C Fresh Cucumber Slices ¼ C Applesauce | Cheeseburger 1.5 oz beef/ 1 oz cheese/ bun 1 oz ¼ C TatorTots ¼ C Carrot Sticks¼ C Fruit Cocktail  | \*\*French Toast Sticks  1.1 oz Sausage Links 1.5 oz meat¼ C Potato Cubes ¼ C Cinnamon Applesauce | Turkey Deli Sandwiches on WW BreadPeasFresh Apple Half |
| \*\*Mini Corn Dogs 1.5oz meat, .5 oz crust¼ C mixed Greens w/ 1 tsp dressing¼ C Pineapple chunksBlueberry Muffin .9 oz | Hot Dogs on Bun ¼ C Mashed Potatoes w/ Gravy ¼ C Applesauce  |  |  | **March 2020** |
| **April 2020** |  | Plain Grilled Cheese Sandwiches on WW¼ C Pears¼ C Mixed Greens(w/1 T of dressing) | \*\*½ C Pasta & Meat Sauce1.5 oz beef/ ¼ C pasta/ ¼ C sauce¼ C Steamed Cauliflower ¼ C Fresh Orange Slices Garlic Bread .5 oz | Salisbury Steak  1.5 oz meat¼ C Fresh Cucumber Slices ¼ C Sweet Potato CubesBlueberry Muffin .9 oz |
| Chicken Nuggets  2 oz meat ¼ C Green Beans¼ C Mandarin Oranges Whole Wheat Bread 1 oz | Taco In a Bag 1.5 oz beef/ .5 oz cheese/ 1 oz tortilla chips/¼ C lettuce/1½ oz salsa¼ C Celery Sticks Fresh Orange Half 1/4 C | \*\*Plain Macaroni and Cheese , 1 oz pasta¼ C Steamed Broccoli & Cheese¼ C Peaches Dinner Roll 1 oz | Teriyaki Chicken 1.5 oz meat¼ C Stir-fry Vegetables ¼ C Fruit Cocktail ¼ C White Rice | Hamburger Patty  w/ Bun 1.5 oz meat / 1 oz Bun ¼ C Baby Carrot Sticks¼ C Oven Fries ¼ C Pineapple Chunks |
| BBQ Chicken Sandwich  1.5 oz meat, 1 oz bun¼ C Baked Beans ¼ C Fresh Banana Half | \*\*½ C Lasagna w/  Meat  Sauce (SMALL NOODLES) ¼ C pasta/ 1.5 oz beef, ¼ C sauce/ .5 oz cheese¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches Garlic Bread Stick .5 oz | Chicken Quesadillas  1.5 oz meat, 1 oz tortilla¼ C Spanish Rice ¼ C Mandarin Oranges ¼ C Celery Sticks  | McRib w/ Bun  1.5 meat , 1 oz bun¼ C Green Beans ¼ C Fruit Cocktail  | \*\*Fish Sticks ¼ C Mashed PotatoesGreen Beans 1/8CPears 1/8 C |
| Meatballs  1.5 oz meat ¼ C Mashed Potatoes¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches French Bread  .5 oz | \*\*Rotini & Meat Sauce 1.0 oz meat, 1oz pasta , .5 oz cheese¼ C Sweet Peas¼ C Pears Cheese Stick .5 oz | Beef Tacos  1.5 oz meat, 1 oz wheat tortilla, .5 oz cheese ¼ C Spanish Rice¼ C Corn ¼ C Peaches  | \*\*Stuffed Crust Cheese Pizza 1.5 oz cheese, .5 oz crust ¼ C Mixed Greens(w/1 T of dressing)¼ C Mandarin Oranges | Baked Chicken Strips 1.5 oz meat¼ C Cooked CarrotsFresh Apple Half  1/4 COrange Muffin .9 oz |
| Chicken Patty on Bun   1.5 oz beef/ ¼ C beans/ ¼ C sauce¼ C Celery Sticks ¼ C Pears | Turkey Sloppy Joe  1.5 oz meat/ bun 1oz¼ C Fresh Cucumber Slices ¼ C Applesauce | Cheeseburger 1.5 oz beef/ 1 oz cheese/ bun 1 oz ¼ C TatorTots ¼ C Carrot Sticks¼ C Fruit Cocktail  | \*\*French Toast Sticks  1.1 oz Sausage Links 1.5 oz meat¼ C Potato Cubes ¼ C Cinnamon Applesauce |  |
| **May 2020** |  |  |  | Turkey Deli Sandwiches on WW BreadPeasFresh Apple Half |
| \*\*Mini Corn Dogs 1.5oz meat, .5 oz crust¼ C mixed Greens w/ 1 tsp dressing¼ C Pineapple chunksBlueberry Muffin .9 oz | Hot Dogs on Bun ¼ C Mashed Potatoes w/ Gravy ¼ C Applesauce  | Plain Grilled Cheese Sandwiches on WW¼ C Pears¼ C Mixed Greens(w/1 T of dressing) | \*\*½ C Pasta & Meat Sauce1.5 oz beef/ ¼ C pasta/ ¼ C sauce¼ C Steamed Cauliflower ¼ C Fresh Orange Slices Garlic Bread .5 oz | Salisbury Steak  1.5 oz meat¼ C Fresh Cucumber Slices ¼ C Sweet Potato CubesBlueberry Muffin .9 oz |
| Chicken Nuggets  2 oz meat ¼ C Green Beans¼ C Mandarin Oranges Whole Wheat Bread 1 oz | Taco In a Bag 1.5 oz beef/ .5 oz cheese/ 1 oz tortilla chips/¼ C lettuce/1½ oz salsa¼ C Celery Sticks Fresh Orange Half 1/4 C | \*\*Plain Macaroni and Cheese , 1 oz pasta¼ C Steamed Broccoli & Cheese¼ C Peaches Dinner Roll 1 oz | Teriyaki Chicken 1.5 oz meat¼ C Stir-fry Vegetables ¼ C Fruit Cocktail ¼ C White Rice | Hamburger Patty  w/ Bun 1.5 oz meat / 1 oz Bun ¼ C Baby Carrot Sticks¼ C Oven Fries ¼ C Pineapple Chunks |
| BBQ Chicken Sandwich  1.5 oz meat, 1 oz bun¼ C Baked Beans ¼ C Fresh Banana Half | \*\*½ C Lasagna w/  Meat  Sauce (SMALL NOODLES) ¼ C pasta/ 1.5 oz beef, ¼ C sauce/ .5 oz cheese¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches Garlic Bread Stick .5 oz | Chicken Quesadillas  1.5 oz meat, 1 oz tortilla¼ C Spanish Rice ¼ C Mandarin Oranges ¼ C Celery Sticks  | McRib w/ Bun  1.5 meat , 1 oz bun¼ C Green Beans ¼ C Fruit Cocktail  | \*\*Fish Sticks ¼ C Mashed PotatoesGreen Beans 1/8CPears 1/8 C |
| Meatballs  1.5 oz meat ¼ C Mashed Potatoes¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches French Bread  .5 oz | \*\*Rotini & Meat Sauce 1.0 oz meat, 1oz pasta , .5 oz cheese¼ C Sweet Peas¼ C Pears Cheese Stick .5 oz | Beef Tacos  1.5 oz meat, 1 oz wheat tortilla, .5 oz cheese ¼ C Spanish Rice¼ C Corn ¼ C Peaches  | \*\*Stuffed Crust Cheese Pizza 1.5 oz cheese, .5 oz crust ¼ C Mixed Greens(w/1 T of dressing)¼ C Mandarin Oranges | Baked Chicken Strips 1.5 oz meat¼ C Cooked CarrotsFresh Apple Half  1/4 COrange Muffin .9 oz |
| Chicken Patty on Bun   1.5 oz beef/ ¼ C beans/ ¼ C sauce¼ C Celery Sticks ¼ C Pears | Turkey Sloppy Joe  1.5 oz meat/ bun 1oz¼ C Fresh Cucumber Slices ¼ C Applesauce | Cheeseburger 1.5 oz beef/ 1 oz cheese/ bun 1 oz ¼ C TatorTots ¼ C Carrot Sticks¼ C Fruit Cocktail  | \*\*French Toast Sticks  1.1 oz Sausage Links 1.5 oz meat¼ C Potato Cubes ¼ C Cinnamon Applesauce | Turkey Deli Sandwiches on WW BreadPeasFresh Apple Half |
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| BBQ Chicken Sandwich  1.5 oz meat, 1 oz bun¼ C Baked Beans ¼ C Fresh Banana Half | \*\*½ C Lasagna w/  Meat  Sauce (SMALL NOODLES) ¼ C pasta/ 1.5 oz beef, ¼ C sauce/ .5 oz cheese¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches Garlic Bread Stick .5 oz | Chicken Quesadillas  1.5 oz meat, 1 oz tortilla¼ C Spanish Rice ¼ C Mandarin Oranges ¼ C Celery Sticks  | McRib w/ Bun  1.5 meat , 1 oz bun¼ C Green Beans ¼ C Fruit Cocktail  | \*\*Fish Sticks ¼ C Mashed PotatoesGreen Beans 1/8CPears 1/8 C |
| Meatballs  1.5 oz meat ¼ C Mashed Potatoes¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches French Bread  .5 oz | \*\*Rotini & Meat Sauce 1.0 oz meat, 1oz pasta , .5 oz cheese¼ C Sweet Peas¼ C Pears Cheese Stick .5 oz |  |  | **June 2020** |
| **July 2020** |  | Beef Tacos  1.5 oz meat, 1 oz wheat tortilla, .5 oz cheese ¼ C Spanish Rice¼ C Corn ¼ C Peaches  | \*\*Stuffed Crust Cheese Pizza 1.5 oz cheese, .5 oz crust ¼ C Mixed Greens(w/1 T of dressing)¼ C Mandarin Oranges | Baked Chicken Strips 1.5 oz meat¼ C Cooked CarrotsFresh Apple Half  1/4 COrange Muffin .9 oz |
| Chicken Patty on Bun   1.5 oz beef/ ¼ C beans/ ¼ C sauce¼ C Celery Sticks ¼ C Pears | Turkey Sloppy Joe  1.5 oz meat/ bun 1oz¼ C Fresh Cucumber Slices ¼ C Applesauce | Cheeseburger 1.5 oz beef/ 1 oz cheese/ bun 1 oz ¼ C TatorTots ¼ C Carrot Sticks¼ C Fruit Cocktail  | \*\*French Toast Sticks  1.1 oz Sausage Links 1.5 oz meat¼ C Potato Cubes ¼ C Cinnamon Applesauce | Turkey Deli Sandwiches on WW BreadPeasFresh Apple Half |
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| Chicken Nuggets  2 oz meat ¼ C Green Beans¼ C Mandarin Oranges Whole Wheat Bread 1 oz | Taco In a Bag 1.5 oz beef/ .5 oz cheese/ 1 oz tortilla chips/¼ C lettuce/1½ oz salsa¼ C Celery Sticks Fresh Orange Half 1/4 C | \*\*Plain Macaroni and Cheese , 1 oz pasta¼ C Steamed Broccoli & Cheese¼ C Peaches Dinner Roll 1 oz | Teriyaki Chicken 1.5 oz meat¼ C Stir-fry Vegetables ¼ C Fruit Cocktail ¼ C White Rice | Hamburger Patty  w/ Bun 1.5 oz meat / 1 oz Bun ¼ C Baby Carrot Sticks¼ C Oven Fries ¼ C Pineapple Chunks |
| BBQ Chicken Sandwich  1.5 oz meat, 1 oz bun¼ C Baked Beans ¼ C Fresh Banana Half | \*\*½ C Lasagna w/  Meat  Sauce (SMALL NOODLES) ¼ C pasta/ 1.5 oz beef, ¼ C sauce/ .5 oz cheese¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches Garlic Bread Stick .5 oz | Chicken Quesadillas  1.5 oz meat, 1 oz tortilla¼ C Spanish Rice ¼ C Mandarin Oranges ¼ C Celery Sticks  | McRib w/ Bun  1.5 meat , 1 oz bun¼ C Green Beans ¼ C Fruit Cocktail  | \*\*Fish Sticks ¼ C Mashed PotatoesGreen Beans 1/8CPears 1/8 C |
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| Chicken Patty on Bun   1.5 oz beef/ ¼ C beans/ ¼ C sauce¼ C Celery Sticks ¼ C Pears | Turkey Sloppy Joe  1.5 oz meat/ bun 1oz¼ C Fresh Cucumber Slices ¼ C Applesauce | Cheeseburger 1.5 oz beef/ 1 oz cheese/ bun 1 oz ¼ C TatorTots ¼ C Carrot Sticks¼ C Fruit Cocktail  | \*\*French Toast Sticks  1.1 oz Sausage Links 1.5 oz meat¼ C Potato Cubes ¼ C Cinnamon Applesauce | Turkey Deli Sandwiches on WW BreadPeasFresh Apple Half |
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| Chicken Nuggets  2 oz meat ¼ C Green Beans¼ C Mandarin Oranges Whole Wheat Bread 1 oz | Taco In a Bag 1.5 oz beef/ .5 oz cheese/ 1 oz tortilla chips/¼ C lettuce/1½ oz salsa¼ C Celery Sticks Fresh Orange Half 1/4 C | \*\*Plain Macaroni and Cheese , 1 oz pasta¼ C Steamed Broccoli & Cheese¼ C Peaches Dinner Roll 1 oz | Teriyaki Chicken 1.5 oz meat¼ C Stir-fry Vegetables ¼ C Fruit Cocktail ¼ C White Rice | Hamburger Patty  w/ Bun 1.5 oz meat / 1 oz Bun ¼ C Baby Carrot Sticks¼ C Oven Fries ¼ C Pineapple Chunks |
| BBQ Chicken Sandwich  1.5 oz meat, 1 oz bun¼ C Baked Beans ¼ C Fresh Banana Half |  |  |  | **August 2020** |
| **September 2020** | \*\*½ C Lasagna w/  Meat  Sauce (SMALL NOODLES) ¼ C pasta/ 1.5 oz beef, ¼ C sauce/ .5 oz cheese¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches Garlic Bread Stick .5 oz | Chicken Quesadillas  1.5 oz meat, 1 oz tortilla¼ C Spanish Rice ¼ C Mandarin Oranges ¼ C Celery Sticks  | McRib w/ Bun  1.5 meat , 1 oz bun¼ C Green Beans ¼ C Fruit Cocktail  | \*\*Fish Sticks ¼ C Mashed PotatoesGreen Beans 1/8CPears 1/8 C |
| Meatballs  1.5 oz meat ¼ C Mashed Potatoes¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches French Bread  .5 oz | \*\*Rotini & Meat Sauce 1.0 oz meat, 1oz pasta , .5 oz cheese¼ C Sweet Peas¼ C Pears Cheese Stick .5 oz | Beef Tacos  1.5 oz meat, 1 oz wheat tortilla, .5 oz cheese ¼ C Spanish Rice¼ C Corn ¼ C Peaches  | \*\*Stuffed Crust Cheese Pizza 1.5 oz cheese, .5 oz crust ¼ C Mixed Greens(w/1 T of dressing)¼ C Mandarin Oranges | Baked Chicken Strips 1.5 oz meat¼ C Cooked CarrotsFresh Apple Half  1/4 COrange Muffin .9 oz |
| Chicken Patty on Bun   1.5 oz beef/ ¼ C beans/ ¼ C sauce¼ C Celery Sticks ¼ C Pears | Turkey Sloppy Joe  1.5 oz meat/ bun 1oz¼ C Fresh Cucumber Slices ¼ C Applesauce | Cheeseburger 1.5 oz beef/ 1 oz cheese/ bun 1 oz ¼ C TatorTots ¼ C Carrot Sticks¼ C Fruit Cocktail  | \*\*French Toast Sticks  1.1 oz Sausage Links 1.5 oz meat¼ C Potato Cubes ¼ C Cinnamon Applesauce | Turkey Deli Sandwiches on WW BreadPeasFresh Apple Half |
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| Chicken Nuggets  2 oz meat ¼ C Green Beans¼ C Mandarin Oranges Whole Wheat Bread 1 oz | Taco In a Bag 1.5 oz beef/ .5 oz cheese/ 1 oz tortilla chips/¼ C lettuce/1½ oz salsa¼ C Celery Sticks Fresh Orange Half 1/4 C | \*\*Plain Macaroni and Cheese , 1 oz pasta¼ C Steamed Broccoli & Cheese¼ C Peaches Dinner Roll 1 oz |  |  |

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| **October 2020** |  |  | Teriyaki Chicken 1.5 oz meat¼ C Stir-fry Vegetables ¼ C Fruit Cocktail ¼ C White Rice | Hamburger Patty  w/ Bun 1.5 oz meat / 1 oz Bun ¼ C Baby Carrot Sticks¼ C Oven Fries ¼ C Pineapple Chunks |
| BBQ Chicken Sandwich  1.5 oz meat, 1 oz bun¼ C Baked Beans ¼ C Fresh Banana Half | \*\*½ C Lasagna w/  Meat  Sauce (SMALL NOODLES) ¼ C pasta/ 1.5 oz beef, ¼ C sauce/ .5 oz cheese¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches Garlic Bread Stick .5 oz | Chicken Quesadillas  1.5 oz meat, 1 oz tortilla¼ C Spanish Rice ¼ C Mandarin Oranges ¼ C Celery Sticks  | McRib w/ Bun  1.5 meat , 1 oz bun¼ C Green Beans ¼ C Fruit Cocktail  | \*\*Fish Sticks ¼ C Mashed PotatoesGreen Beans 1/8CPears 1/8 C |
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| Chicken Patty on Bun  1.5 oz beef/ ¼ C beans/ ¼ C sauce¼ C Celery Sticks ¼ C Pears | Turkey Sloppy Joe  1.5 oz meat/ bun 1oz¼ C Fresh Cucumber Slices ¼ C Applesauce | Cheeseburger 1.5 oz beef/ 1 oz cheese/ bun 1 oz ¼ C TatorTots ¼ C Carrot Sticks¼ C Fruit Cocktail  | \*\*French Toast Sticks  1.1 oz Sausage Links 1.5 oz meat¼ C Potato Cubes ¼ C Cinnamon Applesauce | Turkey Deli Sandwiches on WW BreadPeasFresh Apple Half |
| \*\*Mini Corn Dogs 1.5oz meat, .5 oz crust¼ C mixed Greens w/ 1 tsp dressing¼ C Pineapple chunksBlueberry Muffin .9 oz | Hot Dogs on Bun ¼ C Mashed Potatoes w/ Gravy ¼ C Applesauce  | Plain Grilled Cheese Sandwiches on WW¼ C Pears¼ C Mixed Greens(w/1 T of dressing) | \*\*½ C Pasta & Meat Sauce1.5 oz beef/ ¼ C pasta/ ¼ C sauce¼ C Steamed Cauliflower ¼ C Fresh Orange Slices Garlic Bread .5 oz | Salisbury Steak  1.5 oz meat¼ C Fresh Cucumber Slices ¼ C Sweet Potato CubesBlueberry Muffin .9 oz |

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| Chicken Nuggets  2 oz meat ¼ C Green Beans¼ C Mandarin Oranges Whole Wheat Bread 1 oz | Taco In a Bag 1.5 oz beef/ .5 oz cheese/ 1 oz tortilla chips/¼ C lettuce/1½ oz salsa¼ C Celery Sticks Fresh Orange Half 1/4 C | \*\*Plain Macaroni and Cheese , 1 oz pasta¼ C Steamed Broccoli & Cheese¼ C Peaches Dinner Roll 1 oz | Teriyaki Chicken 1.5 oz meat¼ C Stir-fry Vegetables ¼ C Fruit Cocktail ¼ C White Rice | Hamburger Patty  w/ Bun 1.5 oz meat / 1 oz Bun ¼ C Baby Carrot Sticks¼ C Oven Fries ¼ C Pineapple Chunks |
| BBQ Chicken Sandwich  1.5 oz meat, 1 oz bun¼ C Baked Beans ¼ C Fresh Banana Half | \*\*½ C Lasagna w/  Meat  Sauce (SMALL NOODLES) ¼ C pasta/ 1.5 oz beef, ¼ C sauce/ .5 oz cheese¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches Garlic Bread Stick .5 oz | Chicken Quesadillas  1.5 oz meat, 1 oz tortilla¼ C Spanish Rice ¼ C Mandarin Oranges ¼ C Celery Sticks  | McRib w/ Bun  1.5 meat , 1 oz bun¼ C Green Beans ¼ C Fruit Cocktail  | \*\*Fish Sticks ¼ C Mashed PotatoesGreen Beans 1/8CPears 1/8 C |
| Meatballs  1.5 oz meat ¼ C Mashed Potatoes¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches French Bread .5 oz | \*\*Rotini & Meat Sauce 1.0 oz meat, 1oz pasta , .5 oz cheese¼ C Sweet Peas¼ C Pears Cheese Stick .5 oz | Beef Tacos  1.5 oz meat, 1 oz wheat tortilla, .5 oz cheese ¼ C Spanish Rice¼ C Corn ¼ C Peaches  | \*\*Stuffed Crust Cheese Pizza 1.5 oz cheese, .5 oz crust ¼ C Mixed Greens(w/1 T of dressing)¼ C Mandarin Oranges | Baked Chicken Strips 1.5 oz meat¼ C Cooked CarrotsFresh Apple Half 1/4 COrange Muffin .9 oz |
| Chicken Patty on Bun  1.5 oz beef/ ¼ C beans/ ¼ C sauce¼ C Celery Sticks ¼ C Pears | Turkey Sloppy Joe  1.5 oz meat/ bun 1oz¼ C Fresh Cucumber Slices ¼ C Applesauce | Cheeseburger 1.5 oz beef/ 1 oz cheese/ bun 1 oz ¼ C TatorTots ¼ C Carrot Sticks¼ C Fruit Cocktail  | \*\*French Toast Sticks  1.1 oz Sausage Links 1.5 oz meat¼ C Potato Cubes ¼ C Cinnamon Applesauce | Turkey Deli Sandwiches on WW BreadPeasFresh Apple Half |
| \*\*Mini Corn Dogs 1.5oz meat, .5 oz crust¼ C mixed Greens w/ 1 tsp dressing¼ C Pineapple chunksBlueberry Muffin .9 oz |  |  |  | **November 2020** |
| **December 2020** | Hot Dogs on Bun ¼ C Mashed Potatoes w/ Gravy ¼ C Applesauce  | Plain Grilled Cheese Sandwiches on WW¼ C Pears¼ C Mixed Greens(w/1 T of dressing) | \*\*½ C Pasta & Meat Sauce1.5 oz beef/ ¼ C pasta/ ¼ C sauce¼ C Steamed Cauliflower ¼ C Fresh Orange Slices Garlic Bread .5 oz | Salisbury Steak  1.5 oz meat¼ C Fresh Cucumber Slices ¼ C Sweet Potato CubesBlueberry Muffin .9 oz |
| Chicken Nuggets  2 oz meat ¼ C Green Beans¼ C Mandarin Oranges Whole Wheat Bread 1 oz | Taco In a Bag 1.5 oz beef/ .5 oz cheese/ 1 oz tortilla chips/¼ C lettuce/1½ oz salsa¼ C Celery Sticks Fresh Orange Half 1/4 C | \*\*Plain Macaroni and Cheese , 1 oz pasta¼ C Steamed Broccoli & Cheese¼ C Peaches Dinner Roll 1 oz | Teriyaki Chicken 1.5 oz meat¼ C Stir-fry Vegetables ¼ C Fruit Cocktail ¼ C White Rice | Hamburger Patty  w/ Bun 1.5 oz meat / 1 oz Bun ¼ C Baby Carrot Sticks¼ C Oven Fries ¼ C Pineapple Chunks |
| BBQ Chicken Sandwich  1.5 oz meat, 1 oz bun¼ C Baked Beans ¼ C Fresh Banana Half | \*\*½ C Lasagna w/  Meat  Sauce (SMALL NOODLES) ¼ C pasta/ 1.5 oz beef, ¼ C sauce/ .5 oz cheese¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches Garlic Bread Stick .5 oz | Chicken Quesadillas  1.5 oz meat, 1 oz tortilla¼ C Spanish Rice ¼ C Mandarin Oranges ¼ C Celery Sticks  | McRib w/ Bun  1.5 meat , 1 oz bun¼ C Green Beans ¼ C Fruit Cocktail  | \*\*Fish Sticks ¼ C Mashed PotatoesGreen Beans 1/8CPears 1/8 C |
| Meatballs  1.5 oz meat ¼ C Mashed Potatoes¼ C Mixed Greens(w/1 T of dressing)¼ C Peaches French Bread .5 oz | \*\*Rotini & Meat Sauce 1.0 oz meat, 1oz pasta , .5 oz cheese¼ C Sweet Peas¼ C Pears Cheese Stick .5 oz | Beef Tacos  1.5 oz meat, 1 oz wheat tortilla, .5 oz cheese ¼ C Spanish Rice¼ C Corn ¼ C Peaches  | \*\*Stuffed Crust Cheese Pizza 1.5 oz cheese, .5 oz crust ¼ C Mixed Greens(w/1 T of dressing)¼ C Mandarin Oranges | Baked Chicken Strips 1.5 oz meat¼ C Cooked CarrotsFresh Apple Half 1/4 COrange Muffin .9 oz |
| Chicken Patty on Bun  1.5 oz beef/ ¼ C beans/ ¼ C sauce¼ C Celery Sticks ¼ C Pears | Turkey Sloppy Joe  1.5 oz meat/ bun 1oz¼ C Fresh Cucumber Slices ¼ C Applesauce | Cheeseburger 1.5 oz beef/ 1 oz cheese/ bun 1 oz ¼ C TatorTots ¼ C Carrot Sticks¼ C Fruit Cocktail  | \*\*French Toast Sticks  1.1 oz Sausage Links 1.5 oz meat¼ C Potato Cubes ¼ C Cinnamon Applesauce |  |

Items that contain milk:

Grilled cheese Sandwich

Premade sandwiches that include cheese

All muffin types

Cornbread

Corn dogs

Fish sticks

Stuffed crust cheese pizza stick AKA Bosco stick

French toast stick

Mashed potatoes

Lasagna

Chicken quesadilla’s

Fettuccine alfredo

Tacos are offered cheese on the side, but can have if cheese is not on it

Cheeseburgers are offered with cheese on the side but can have if it is not put on there

Chicken broccoli and cheese rice has cheese in it which is a milk product