



Nutritionized Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10/1 10/29 11/26 12/24	10/2 10/30 11/27 12/25 (closed)	10/3 10/31 11/28 12/26	10/4 11/1 11/29 12/27	10/5 11/2 11/30 12/28
Meatball Marinara Rotini Pasta Broccoli Apple WG House-Made Dinner Roll*	Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans Banana WG Soft Flour Tortilla*	Macaroni & Cheese CV: Cucumber Slices ~ House-Made Ranch Dip HV: Green Beans Honeydew WG House-Made Bread*	BBQ Chicken Diced Sweet Potatoes Corn Orange WG House-Made Bread*	Cheese Ravioli in Marinara Sauce* CV: Tossed Salad ~ House-Made Italian Dressing HV: California Blend Watermelon WG House-Made Bread*
10/8 11/5 12/3 12/31	10/9 11/6 12/4	10/10 11/7 12/5	10/11 11/8 12/6	10/12 11/9 12/7
Crispy Chicken Steamed Rice QC Vegetable Blend Orange WG House-Made Dinner Roll*	Beef Nachos Shredded Cheddar Cheese Sour Cream Refried Beans Spanish Brown Rice* Banana Corn Tortilla Chips	NEW! Meatloaf & Beef Gravy NEW! Mashed Cauliflower Carrot Coins Cantaloupe WG House-Made Bread*	Turkey & Cheese Wrap ~ Honey Mustard Shredded Lettuce CV: Fresh Broccoli ~ House-Made Ranch Dip NEW! HV: Tater Tots Apple WG Soft Flour Tortilla*	Sloppy Joe CV: Cucumber Slices ~ House-Made Ranch Dip HV: Peas & Carrots Honeydew WG House-Made Bun*
10/15 11/12 12/10	10/16 11/13 12/11	10/17 11/14 12/12	10/18 11/15 12/13	10/19 11/16 12/14
Baked Mostaccioli Cauliflower Apple WG House-Made Dinner Roll*	Chicken Quesadilla* CV: Southwestern Salad HV: QC Vegetable Blend Banana	Swedish Meatballs Steamed Rice Broccoli Watermelon WG House-Made Bread*	Chicken & Country Gravy Green Beans Herbed Potatoes Pear WG House-Made Bread*	Macaroni & Cheese CV: Fresh Broccoli ~ House-Made Ranch Dip HV: Carrot Coins Cantaloupe WG House-Made Bread*
10/22 11/19 12/17	10/23 11/20 12/18	10/24 11/21 12/19	10/25 11/22 (closed) 12/20	10/26 11/23 (closed) 12/21
Creamy Italian Chicken Rotini Pasta Green Beans Orange WG House-Made Dinner Roll*	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans Banana WG Soft Flour Tortilla*	Beef Chili** Rotini Pasta Broccoli Pineapple WG House-Made Corn Bread*	Cheesy Potato & Turkey Ham Casserole CV: Cucumber Slices ~ House-Made Ranch Dip HV: 3 Way Vegetable Blend Apple WG House-Made Bread*	Parmesan Noodles & Chicken CV: Tossed Salad ~ House-Made Italian Dressing HV: Carrot Coins Pear WG House-Made Bread*

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.

Menu provided by Quality Catering approved by Courtney Burrows, MBA, RDN, LDN

(*) Denotes item is whole grain

Menus are subject to change

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