

0 - substitution menu

Nutritionized Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7/1 8/26 9/23</p> <p>Chicken Alfredo Rotini Pasta 3 Way Vegetable Blend Apple WG House-Made Dinner Roll*</p>	<p>7/2 7/30 8/27 9/24</p> <p>Beef Tacos Shredded Lettuce Shredded Cheddar Cheese CV: Southwest bean salad HV: Carrots & Peas Banana WG Soft Flour Tortilla*</p>	<p>7/3 7/31 8/28 9/25</p> <p>Macaroni & Cheese Broccoli Melon Mix WG House-Made Bread*</p>	<p>7/4 (closed) 8/1 8/29 9/26</p> <p>New! Sweet & Sour Chicken Steamed Rice CV: Tossed Salad House-Made Italian Dressing HV: Corn Orange WG House-Made Bread*</p>	<p>7/5 (closed) 8/2 8/30 9/27</p> <p>Baked Mostaccioli Green Beans Fresh Pear WG House-Made Bread*</p>
<p>7/8 8/5 9/2 (closed) 9/30</p> <p>Chicken Marinara Rotini Pasta QC Vegetable Blend Orange WG House-Made Dinner Roll*</p>	<p>7/9 8/6 9/3</p> <p>Cheeseburger Casserole CV: Fresh Broccoli House-Made Ranch Dip HV: Carrot Coins Banana WG House-Made Bread*</p>	<p>7/10 8/7 9/4</p> <p>Meatloaf & Beef Gravy Herbed Potatoes Corn Hawaiian Fruit Salad WG House-Made Bread*</p>	<p>7/11 8/8 9/5</p> <p>Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese 3 Way Vegetable Blend Apple WG Soft Flour Tortilla*</p>	<p>7/12 8/9 9/6</p> <p>Sloppy Joe CV: Cucumber Slices House-Made Ranch Dip HV: Green Peas Melon mix WG House-Made Bun*</p>
<p>7/15 8/12 9/9</p> <p>Cheesy Potato & Turkey Ham Casserole 3 Way Vegetable Blend Apple WG House-Made Dinner Roll*</p>	<p>7/16 8/13 9/10</p> <p>Beef Tacos Shredded Lettuce Shredded Cheddar Cheese CV: Southwest Bean Salad HV: Peas & Carrots Banana WG Soft Flour Tortilla*</p>	<p>7/17 8/14 9/11</p> <p>Chicken Salad Sandwich Shredded Lettuce Green Beans Orange WG House-Made Bun*</p>	<p>7/18 8/15 9/12</p> <p>Meatball Marinara Spaghettini Pasta Broccoli Melon Mix WG House-Made Bread*</p>	<p>7/19 8/16 9/13</p> <p>Macaroni & Cheese CV: Fresh Broccoli House-Made Ranch Dip HV: Carrot Coins Watermelon WG House-Made Bread*</p>
<p>7/22 8/19 9/16</p> <p>BBQ Chicken Mashed Potatoes Carrot Coins Orange WG House-Made Dinner Roll*</p>	<p>7/23 8/20 9/17</p> <p>Beef Nachos Shredded Cheddar Cheese CV: Southwest Bean Salad HV: Refried beans Sour Cream Spanish Brown Rice* Banana Corn Tortilla Chips</p>	<p>7/24 8/21 9/18</p> <p>Turkey A La King* Rotini Pasta CV: Cucumber Slices House-Made Ranch Dip HV: Peas & Carrots Cantaloupe WG House-Made Bread*</p>	<p>7/25 8/22 9/19</p> <p>Cheese Ravioli in Marinara Sauce* Corn Apple WG House-Made Bread*</p>	<p>7/26 8/23 9/20</p> <p>Diced Turkey & Cheese Wrap Honey Mustard Shredded Lettuce New! Potato Salad 3 Way Vegetable Blend Hawaiian Fruit WG Soft Flour Tortilla*</p>

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.
Menu provided by Quality Catering approved by Rana Ahmad, MS RDN LDN

(*) Item is WHOLE GRAIN
Menus are subject to change

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