

HOT LUNCH SELECTIONS

WEEK 1

MONDAY

Whole Wheat or Vegetable Pasta
Cheese Sauce
Cucumber and Carrot Sticks
Crisp Bread
Fresh Fruits, Milk

TUESDAY

Red Curry Chicken
Biryani Rice
Mixed Green Salad, Dressing
Garlic Bun
Fresh Fruits, Milk

WEDNESDAY

Multigrain Pollock
Couscous
Ketchup
Asparagus and Baby Corn
Whole Wheat Bread
Fresh Fruits, Milk

THURSDAY

Whole Wheat or Vegetable Pasta
Beef Cacciatore
Parmesan Cheese
Baby Carrots
Whole Wheat Villaggio Bread
Fresh Fruits, Milk

FRIDAY

Chicken Breast Strips
Yellow Rice
Ketchup
Celery Stick and Cauliflower Floret
Whole Wheat Bun
Fresh Fruits, Milk

HOT LUNCH SELECTIONS

WEEK 2

MONDAY

Whole Wheat or Vegetable Pasta
Tuscan Chicken
Parmesan Cheese
Pepper and Cucumber Sticks
Marble Bread
Fresh Fruits, Milk

TUESDAY

Sole Fillet
Rice Pilaf
Tartar Sauce
Baby Carrots
Multigrain Bun
Fresh Fruits, Milk

WEDNESDAY

Chicken Breast Burger
Oven Fries
Ketchup
Broccoli Floret and Tomato Wedge
Hamburger Bun
Fresh Fruits, Milk

THURSDAY

Whole Wheat or Vegetable Pasta
Ricotta Tomato Sauce
Parmesan Cheese
Green and Yellow Beans
Whole Wheat Bread
Fresh Fruits, Milk

FRIDAY

Teriyaki Beef
Cabbage Rice
Green Salad, Dressing
Pull Apart Bun
Fresh Fruits, Milk

Veggie sticks and Bread may change without notice based on availability.

HOT LUNCH SELECTIONS

WEEK 3

MONDAY

Whole Wheat or Vegetable Pasta
Swedish Chicken Meatballs
Pepper and Cucumber Sticks
Garlic Bread
Fresh Fruits, Milk

TUESDAY

Turkey Noodle Soup
Salami, Chicken and Cheese Submarine
Baby Carrots
Sausage Bun, Mustard
Fresh Fruits, Milk

WEDNESDAY

Haddock Fish Nuggets
Rice Pilaf
Ketchup
Cauliflower Floret and Green Beans
Whole Wheat Flat Bread
Fresh Fruits, Milk

THURSDAY

Beef Lasagna
Mixed Green Salad, Dressing
Crisp Bread
Fresh Fruits, Milk

FRIDAY

Chicken Breast Sausage
Oven Roasted Potato Bites
Ketchup
Asparagus and Celery Stick
Sausage Bun
Fresh Fruits, Milk

**Veggie sticks and Bread may change without
notice based on availability**

HOT LUNCH SELECTIONS

WEEK 4

MONDAY

Chicken Stirfry
Rice Pilaf
Cucumber and Pepper Sticks
Pumpnickel Bun
Fresh Fruits, Milk

TUESDAY

Haddock Fillet
Quinoa
Ketchup
Carrot and Celery Sticks
Whole Wheat Bread
Fresh Fruits, Milk

WEDNESDAY

Whole Wheat or Vegetable Pasta
Beef Meatballs in Tomato Sauce
Parmesan Cheese
Green and Yellow Beans
Muesli Bread
Fresh Fruits, Milk

THURSDAY

Chicken Breast Nuggets
Fried Rice
Ketchup
Broccoli Floret and Tomato Wedge
Garlic Flat Bread
Fresh Fruits, Milk

FRIDAY

Beef Sloppy Joes
Corn Niblets
Green Salad, Dressing
Hamburger Bun
Fresh Fruits, Milk