



Mon

Tue

Wed

Thu

Fri

THURSDAY

29

30

31

1
GROUND TURKEY
WHITE RICE
ZUCCHINI
FRUIT

2
FUSILLI WITH
CHICKPEAS
CORN ON THE COB
FRUIT

5
GRILLED SALMON
COUSCOUS
TOMATO & CUCUMBER
FRUIT

6
CHICKEN SCHNITZEL
SWEET POTATO FRIES
ISRAELI SALAD
FRUIT

7
BOWTIE PASTA
ALFREDO
GARDEN SALAD
FRUIT

8
GROUND BEEF
WHITE RICE
CORN ON THE COB
FRUIT

9
WHITE BEAN STEW
WHITE RICE
ZUCCHINI
FRUIT

12
BAKED ZITI
GARLIC BREAD
PEAS AND CARROTS
FRUIT

13
ARROZ CON POLLO
SWEET PLANTAIN
CESAR SALAD
FRUIT

14
CHICKEN NUGGETS
FRENCH FRIES
CELERY STICKS
FRUIT

15
TERIYAKI CHICKEN
ROASTED POTATO
SLICED CARROTS
FRUIT

16
CREAMY COUSCOUS
EDAMAME
GARDEN SALAD
FRUIT

19
**NO
SCHOOL**

20
SAUTEED CHICKEN
MASHED POTATOES
SWEET PEAS
FRUIT

21
LENTILS
WHITE RICE
CARROT STICKS WITH
RANCH
FRUIT

22
FISH STICKS
QUINOA
BAKED CORN
FRUIT

23
HOT-DOG
CHIPS
TOMATOES/CUCUMBER
FRUIT

26
MAC & CHEESE
CORN BREAD
CUCUMBER SALAD
FRUIT

27
CHICKEN PICADILLO
LETTUCE WRAP
ROASTED CARROTS
FRUIT

28
CHEESE SANDWICH
POTATOES CHIPS
MIXED VEGGIES
FRUIT

29
BEEF-A-RONI
GARLIC BREAD
BROCCOLI
FRUIT

1

