



Nutritionized Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3/30 Beef and Rice Stuffed Pepper Casserole Diced Carrots Apple Dinner Roll	3/31 Turkey and Cheese Sandwiches Pirates booty Mixed Vegetables Pears	4/1 Cheese Pizza Salad Corn Ranch Dressing Bananas	4/2 Beef Nachos/Tortilla Chips Shredded Cheddar Cheese Sour Cream Spanish Rice Corn and a Pear	4/3 Chicken Nuggets Pretzels Ketchup Mixed Vegetables Fresh Fruit
4/6 Baked Ziti with Chicken Brussel Sprouts Apple Dinner Roll	4/7 Buttered Noodles Peas and Carrots Fresh Fruit White Bread	4/8 Cheese Pizza Salad Corn Ranch Dressing Bananas	4/9 French Toast Sticks Tater Tots Syrup Fresh Fruit	4/10 Chicken Pot Pie Casserole Mashed Potatoes Cauliflower Orange Biscuit
4/13 Pesto Past with Chicken Diced Carrots Apple Dinner Roll	4/14 Turkey and Cheese Sandwiches Pirates booty Mixed Vegetables Pears	4/15 Cheese Pizza Salad Corn Ranch Dressing Bananas	4/16 Cheese Quesadillas Sour Cream Guacamole Tortilla Chips Corn Fresh Fruit	4/17 Cheese Ravioli Marinara Sauces Green Beans Melon Mix Wheat Bread
4/20 Beef Chilli Penne Pasta Brussel Sprouts Apple Dinner Roll	4/21 Pasta with Marinara Sauce Green Beans White Bread Fresh Fruit	4/22 Cheese Pizza Salad Corn Ranch Dressing Bananas	4/23 Cheesy Potato Meatloaf Casserole Diced Carrots Pear Wheat bread	4/24 Pancakes/syrup Tater tots Fresh Fruit
4/27 Beef and Rice Stuffed Pepper Casserole Diced Carrots Apple Dinner Roll	4/28 Hot Dogs/Buns Green Beans Ketchup Pretzels Fresh Fruit	4/29 Cheese Pizza Salad Corn Ranch Dressing Bananas	4/30 Chicken Nuggets Pretzels Ketchup Mixed Vegetables Fresh Fruit	

Our Chicken is 100% Natural, no artificial ingredients, no artificial colors, no preservatives. 2015 menus provided by Quality Catering approved by Emily Botma, RDN ~Nutrition information regarding these entrées is available on our website.