



# Nutritionized Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3/31 Pasta with Marinara Sauce Green Beans White Bread Fresh Fruit	4/1 Turkey Ala King Rotini Pasta Cauliflower Banana Wheat Bread	4/2 Cheese Pizza Salad Corn Ranch Dressing Bananas	4/3 Beef Nachos/Tortilla Shredded Cheddar Cheese Sour Cream Spanish Rice Carrots and a Pear	4/4 Cheese Quesadillas Sour Cream & Guacamole Tortilla Chips Corn Fresh Fruit
4/7 Chicken Nuggets Pretzels Ketchup Mixed Vegetables Fresh Fruit	4/8 Beef Picadillo Rotini Pasta Brussel Sprouts Banana Wheat Bread	4/9 Cheese Pizza Salad Corn Ranch Dressing Bananas	4/10 French Toast Sticks Tater Tots Syrup Fresh Fruit	4/11 Beefy Marinara Sauce Spaghetti Noodles Cauliflower Fresh Fruit Wheat Bread
4/14 Buttered Noodles Peas and Carrots Fresh Fruit White Bread	4/15 Cheeseburger Casserole Green Peas Banana Wheat Bread	4/16 Cheese Pizza Salad Corn Ranch Dressing Bananas	4/17 Cheesy Taco Rice Spanish Black Beans Roasted Vegetables Pear Tortilla Chips	4/18 Hot Dogs Buns Vegetables Fresh Fruit Ketchup
4/21 Beef Chili Steamed Rice Brussel Sprouts Apple Dinner Roll	4/22 Cheese Quesadillas Sour Cream Guacamole Tortilla Chips Corn Fresh Fruit	4/23 Cheese Pizza Salad Corn Ranch Dressing Bananas	4/24 Pasta with Marinara Sauce Green Beans White Bread Fresh Fruit	4/25 Chicken Meatballs with Teriyaki Sauce Roasted Rainbow Potatoes Green Beans Fresh Fruit Wheat Bread
4/28 Hot Dogs & Buns Pretzels Ketchup Mixed Vegetables Fresh Fruit	4/29 Turkey Ala King Rotini Pasta Cauliflower Banana Wheat Bread	4/30 Cheese Pizza Salad Corn Ranch Dressing Bananas	5/1 Beef Nachos/Tortilla Shredded Cheddar Cheese Sour Cream Spanish Rice Carrots and a Pear	5/2 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.