



Nutritionized PS

(Meatless Mondays & tot Fruit)



MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
10/4	11/1	11/29	12/27	10/5	11/2	11/30	12/28	10/6	11/3	12/1	12/29	10/7	11/4	12/2	12/30	10/8	11/5	12/3	12/31
Alfredo Lentil Penne Pasta Sautéed Cabbage Diced Tropical Fruit WG Delicious-Made Bread*				Baked Mostaccioli Green Peas Banana WG Delicious-Made Dinner Roll*				Macaroni & Cheese Cauliflower Delicious-Made Ranch Dressing Diced Pine-Melon WG Delicious-Made Bread*				Italian Meatballs in Marinara Rotini Pasta Diced Carrots Diced Pears WG Delicious-Made Bread*				Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese Roasted Vegetables Delicious-Made Ranch Dressing Diced Mixed Melon WG Soft Flour Tortillas*			
10/11 11/8 12/6				10/12 11/9 12/7				10/13 11/10 12/8				10/14 11/11 12/9				10/15 11/12 12/10			
Egg Salad Sandwich Peas & Carrots Applesauce WG Delicious-Made Bun*				Chicken Cacciatore Penne Pasta Green Beans Banana WG Delicious-Made Dinner Roll*				Beef Nachos Shredded Cheddar Cheese Sour Cream Diced Carrots Diced Pears WG Corn Tortilla Chips*				Cheese Ravioli in Marinara Broccoli Diced Tropical Fruit WG Delicious-Made Bread*				Chicken Parmesan w/Noodles Green Peas Delicious-Made Ranch Dressing Diced Mixed Melon WG Delicious-Made Bread*			
10/18 11/15 12/13				10/19 11/16 12/14				10/20 11/17 12/15				10/21 11/18 12/16				10/22 11/19 12/17			
Rotini Pasta & "Meat" Sauce Diced Carrots Applesauce WG Delicious-Made Bread*				Turkey Chili Penne Pasta Broccoli Banana WG Delicious-Made Bread*				Chicken Nachos Shredded Cheddar Cheese Sour Cream Roasted Peppers Delicious-Made Ranch Dressing Diced Mixed Melon WG Corn Tortilla Chips*				Chicken Fried Rice Cauliflower Diced Pineapple WG Delicious-Made Bread*				HM Meatballs in Marinara Penne Pasta Green Peas Delicious-Made Ranch Dressing Cinnamon Applesauce WG Delicious-Made Bread*			
10/25 11/22 12/20				10/26 11/23 12/21				10/27 11/24 12/22				10/28 11/25(closed) 12/23				10/29 11/26(closed) 12/24(closed)			
Red Beans & Rice Baked Sliced Potatoes HM Ketchup Diced Carrots Diced Tropical Fruit WG Delicious-Made Bread*				Macaroni & Cheese Brussel Sprouts Banana WG Delicious-Made Bread*				Turkey & Gravy NEW! Baked Sweet Potatoes Green Beans Delicious-Made Ranch Dressing Diced Honeydew WG Delicious-Made Dinner Roll*				Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Cauliflower Cranberry Applesauce WG Soft Tortilla*				NEW! BBQ Pulled Chicken Steamed Rice Broccoli Delicious-Made Ranch Dressing Diced Mixed Melon WG Delicious-Made Bun*			

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.

Menus are subject to change.

(*) Item is **WHOLE GRAIN**.

****ENTRÉES ARE DELICIOUS MADE (made from scratch)**

*What is **Delicious Made** (de-li-cious made l di-'li-shəs mād)?

Delicious Made means no sugar, no preservatives, no chemicals, no high-fructose corn sweetener, no trans fats.
Our Delicious Made, 100% Certified Organic meals are yummy, healthy, affordable and all-natural!