



Nutritionized Lunch PS & K8

www.choosedelicious.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/5 2/2 3/2 Delicious-Made Chicken & Broccoli Steamed Rice Green Beans Apple Delicious-Made WG Dinner Roll*	1/6 2/3 3/3 Delicious-Made Chicken Meatballs in Gravy Mashed Potatoes Brussel Sprouts Banana Delicious-Made WG Wheat Bread*	1/7 2/4 3/4 Delicious-Made Macaroni and Cheese HV: Green Peas CV: Fresh Baby Carrots Delicious-Made Dill Dip Orange Delicious-Made WG Wheat Bread*	1/8 2/5 3/5 Delicious-Made Beef Tacos Shredded Cheddar Cheese Spanish Rice Diced Carrots Pear WG Soft Flour Tortilla**	1/9 2/6 3/6 Delicious-Made Chicken Parmesan Noodles HV: Cauliflower CV: Cucumber Slices Delicious-Made Ranch Dressing Melon Mix Delicious-Made WG Wheat Bread*
1/12 2/9 3/9 Delicious-Made Cheesy Potato Meatloaf Casserole Diced Carrots Apple Delicious-Made WG Dinner Roll*	1/13 2/10 3/10 Delicious Made Teriyaki Chicken Meatballs Steamed Rice Green Beans Banana Delicious-Made WG Wheat Bread*	1/14 2/11 3/11 Delicious-Made Chicken Taco Shredded Cheddar Cheese Refried Beans HV: Broccoli CV: Southwest Bean Salad Orange WG Soft Flour Tortilla*	1/15 2/12 3/12 Vegetarian Bean Chili Rotini Pasta Green Peas Pear Delicious-Made WG Corn Bread*	1/16 2/13 3/13 Delicious-Made WG Cheese Ravioli in Marinara HV: Brussel Sprouts CV: Tossed Salad Delicious-Made Ranch Dressing Melon Mix Delicious-Made WG Wheat Bread*
1/19 2/16 3/16 Delicious-Made Cheesy Potato and Turkey Ham Casserole Green Beans Apple Delicious-Made WG Dinner Roll*	1/20 2/17 3/17 Delicious-Made Chicken Alfredo Rotini Pasta Sauteed Cabbage Banana Delicious-Made WG Wheat Bread*	1/21 2/18 3/18 Delicious-Made Cheesy Beef Taco Rice Casserole HV: WG Corn* CV: Fresh Cucumber Slices Delicious-Made Ranch Dressing Orange WG Corn Tortilla Chips*	1/22 2/19 3/19 Delicious Made Macaroni and Cheese Diced Carrots Pear Delicious-Made WG Wheat Bread*	1/23 2/20 3/20 Delicious Made BBQ Pulled Chicken Rainbow Potatoes HV: Green Beans CV: Fresh Baby Carrots Delicious-Made Italian Dressing Melon Mix Delicious-Made WG Bun*
1/26 2/23 3/23 Ziti Pasta w/Chicken in a Creamy Red Sauce Brussel Sprouts Apple Delicious-Made WG Dinner Roll*	1/27 2/24 3/24 Delicious-Made Beefy Meat Sauce Spaghetti Noodles Broccoli Banana Delicious-Made WG Wheat Bread*	1/28 2/25 3/25 Turkey & Country Gravy Mashed Potatoes HV: Green Beans CV: Fresh Baby Carrots Delicious-Made Dill Dip Orange Delicious-Made WG Wheat Bread*	1/29 2/26 3/26 Delicious-Made Cheesy Chicken Fajita Skillet Spanish Rice Cauliflower Pear WG Soft Flour Tortilla*	1/30 2/27 3/27 Delicious-Made Beef Sloppy Joes Baked French Fries HV: Butternut Squash CV: Cucumber Slices Delicious-Made Ranch Dressing Melon Mix Delicious-Made WG 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 | di-lish-es mād)
Delicious Made means no sugar, no preservatives, no chemicals, no high-fructose corn sweetener, no trans fats.