

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Fresh Fruit to include seasonal rotation of fruits available to include – plums, pears, peaches, berries. Served w/ 2% milk <u>EHS</u>=Inf, tots &amp; 2s</p> <p style="text-align: center;">2023 Country Woodland  MENU</p>				<p>1</p> <p>CLOSED Teacher Workday</p>
<p style="text-align: center;">4</p> 	<p style="text-align: center;">5</p> <p>¼ c Chicken Strips (2 oz) in Teriyaki Sauce ¼ c <b>Brown rice</b> ½ c <b>Tossed Salad</b> w/ Ranch <u>EHS:</u> ¼ c <b>Cooked Carrots w/ Ranch</b> ¼ c <b>Pears</b> ¾ c Milk <i>Veg: Tofu (3 oz) in Teriyaki sauce</i></p>	<p style="text-align: center;">6</p> <p>½ c Beef (2 oz) and Bean Chili ½ Cornbread (1 oz) ½ c <b>Cauliflower</b> ½ c <b>Tropical Fruit Salad</b> ¾ c Milk <i>Veg: Bean Chili (3/8 c Pinto Beans)</i></p>	<p style="text-align: center;">7</p> <p>¼ c Chicken Salad 1 <b>WG</b> Bun (1.12 oz) ¼ c <b>Carrots</b> w/ Veggie Dip <u>EHS:</u> ¼ c <b>Cooked Carrots w/ Veggie Dip</b> ¼ c <b>Pears</b> ¾ c Milk <i>Veg: 2 oz Mozzarella Cheese</i></p>	<p style="text-align: center;">8</p> <p>½ c Macaroni &amp; Cheese (1.0 oz m/ma; 0.87 oz eq noodles) 1 String Cheese (1 oz) ¼ c <b>Green Beans</b> ¼ c <b>Fresh Fruit Salad</b> (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <i>Veg: Same</i></p>
<p style="text-align: center;">11</p> <p>1 Chicken Drumsticks (2.5 oz) w/ BBQ Sauce <u>EHS:</u> 2 <b>Chicken Tenders</b> 1 String Cheese (1 oz) 1 <b>WG</b> Roll (1.13 oz) ¼ c <b>Diced Potatoes</b> ¼ c <b>Apple Slices</b> <u>EHS:</u> ¼ c <b>Applesauce</b> ¾ c Milk <i>Veg: 1 Veggie Burger (2.5 oz) w/ / BBQ Sauce</i></p>	<p style="text-align: center;">12</p> <p>2 Turkey slices (1 oz) 2 Tbsp Hummus 1 Cheese slice (0.75 oz) 1 <b>WW</b> Tortilla (1 oz) ½ c <b>Spinach Salad</b> w/ Ranch <u>EHS:</u> ¼ c <b>Cooked Carrots w/ Ranch</b> 4 <b>Orange Wedges</b> <u>EHS:</u> ¼ c <b>Mandarin Oranges</b> ¾ c Milk <i>Veg: 2 oz Fresh Mozz Cheese</i></p>	<p style="text-align: center;">13</p> <p>4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 <b>WG</b> Roll (1.13 oz) ½ c <b>Tossed salad w/ Italian</b> <u>EHS:</u> ¼ c <b>Cooked Cauliflower w/ Italian</b> ¼ c <b>Pears</b> ¾ c Milk <i>Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup</i></p>	<p style="text-align: center;">14</p> <p>1 Hamburger Patty (1.75 oz) w/ BBQ Sauce 1 <b>WG</b> Bun (1.12 oz) ¼ c <b>Green Peas</b> ¼ c <b>Peaches</b> ¾ c Milk <i>Veg: 1 Black Bean Burger (2.9 oz) w/ BBQ Sauce</i></p>	<p style="text-align: center;">15</p> <p>2 oz Turkey &amp; Cheese Sandwich (1 oz Cheese, 1 oz Turkey, 1 Whole Grain ) ¼ c Carrots ¼ c Apple Slices 1 pc Mayo &amp; Mustard ¾ c Milk Veg 2 oz Mozzarella Cheese Sandwich</p>
<p style="text-align: center;">18</p> <p>½ c Chicken Fajita mixture ¼ c Chicken Strips (2 oz) 1 <b>WW</b> Tortilla (1 oz) ¼ c <b>Carrots &amp; Peas</b> ¼ c <b>Peaches</b> ¾ c Milk <i>Veg: Fajita mixture w/ 3/8 c Seasoned Black Beans</i></p>	<p style="text-align: center;">19</p> <p>1 Hamburger Patty (1.75 oz) w/ BBQ Sauce 1 <b>WG</b> Bun (1.12 oz) ¼ c <b>Baked Beans</b> ¼ c <b>Mango</b> ¾ c Milk <i>Veg: 1 Veggie Burger (2.5 oz) w/ BBQ Sauce</i></p>	<p style="text-align: center;">20</p> <p>½ c Spanish Rice with Chicken &amp; Peas ¼ c Ground Chicken (2 oz) ¼ c <b>Brown Rice</b> ¼ c <b>Broccoli</b> w/ Ranch <u>EHS:</u> ¼ c <b>Cooked Broccoli w/ Ranch</b> ¼ c <b>Fresh Fruit Salad</b> (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <i>veg: Spanish Rice w/ 3/8 c Black Beans</i></p>	<p style="text-align: center;">21</p> <p>4 Beef Meatballs (2 oz) w/ Marinara sauce 1 pc Parmesan Cheese 1 Hot Dog <b>WG</b> Bun (2 oz) ½ c <b>Spinach Salad</b> w/ Italian <u>EHS:</u> ¼ c <b>Steamed Spinach</b> ¼ c <b>Pears</b> ¾ c Milk <i>Veg: 3 Vegan Meatballs (3 oz) w/ Marinara sauce</i></p>	<p style="text-align: center;">22</p> <p>½ c Macaroni &amp; Cheese (1.0 oz m/ma; 0.8 oz eq noodles) 1 String Cheese (1 oz) ¼ c <b>Mixed vegetables</b> ¼ c <b>Honeydew</b> ¾ c Milk <i>Veg: Same</i></p>
<p style="text-align: center;">25</p> <p>4 Beef Meatballs (2 oz) w/ Marinara sauce ¼ c <b>WG</b> Elbow Macaroni ½ c <b>Spinach Salad</b> w/ Italian <u>EHS:</u> ¼ c <b>Steamed Spinach</b> ¼ c <b>Apple slices</b> <u>EHS:</u> <b>Applesauce</b> ¾ c Milk <i>Veg: 3 Vegan Meatballs (3 oz) w/ Marinara sauce</i></p>	<p style="text-align: center;">26</p> <p>4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 <b>WG</b> Roll (1.13 oz) ¼ c <b>Mashed Potatoes</b> ¼ c <b>Fresh Fruit Salad</b> (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <i>Veg: 4 Veggie Chik'n Nuggets (3 oz) w Ketchup</i></p>	<p style="text-align: center;">27</p> <p>1 Cheese Lasagna Roll-up (3.5 oz) w alfredo sauce <b>WG</b> Lasagna noodles (1 oz eq) 1 String cheese (1 oz) ¼ c <b>Carrots &amp; Peas</b> ¼ c <b>Peaches</b> ¾ c Milk <i>Veg: Same</i></p>	<p style="text-align: center;">28</p> <p>1 Meatloaf (3.15 oz) w/ Gravy 1 <b>WG</b> Roll (1.13 oz) ¼ c <b>Broccoli</b> w/ Ranch <u>EHS:</u> ¼ c <b>Cooked Broccoli w/ Ranch</b> ¼ c <b>Pears</b> ¾ c Milk <i>Veg: 1 Veggie Burger (2.5 oz) w/ BBQ Sauce</i></p>	<p style="text-align: center;">29</p> <p>2 oz Turkey &amp; Cheese Sandwich (1 oz Cheese, 1 oz Turkey, 1 Whole Grain ) ¼ c Carrots ¼ c Apple Slices 1 pc Mayo &amp; Mustard ¾ c Milk Veg 2 oz Mozzarella Cheese Sandwich</p>