



Week 18

Daily Lunch Menu Schedule

January & February 2024

Monday 01/29

Tuesday 01/30

Wednesday 01/31

Thursday 02/01

Friday 02/02

Scoop Size		Scoop Size		Scoop Size		Scoop Size		Scoop Size	
1 Ea	Fish Fillet	3 Ea	Meatballs w/ Brown Gravy	1 Ea	BBQ Pulled Pork	#10	Chicken Fajita	1 Ea	Breaded Pork Patty
#12	Mashed Sweet Potato	#10	Black Beans	#8	Capri Blend	#12	Roasted Potatoes	#12	Baked Beans
#8	Italian Green Beans	#12	Roasted Corn	#12	Ranchero Beans	#8	Steamed Broccoli	#10	Peas and Carrots
1 Ea	Tartar Sauce	1 Ea	Wheat Bread	1 Ea	Wheat Bread	1 Ea	Wheat Bread	#20	Gravy
1 Ea	Fresh Fruit	1 Ea	Vanilla Pudding	1 Ea	Chocolate Chip Cookie	1 Ea	Fresh Fruit	1 Ea	Oatmeal Crème Pie
1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

The above menu meets the current DRI's and Adequate Intake (AI) of the US Dietary Guidelines for American with a minimum of 33.4% RDA as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Menu adheres to basic ration of Regular, High Fiber, Low Salt, Low Fat/Cholesterol, Low Sugar Diet.

Milk is 1% and all fruits are in Natural Juice or are Fresh. Frozen Meals Plan Menu for Saturday and Sunday will vary and meet the RDA and DRI requirements.

Approved By: Joyce Lamilla, RD/ND

Date: September 1, 2023



Week 19 Daily Lunch Menu Schedule February 2024

Monday 02/05		Tuesday 02/06		Wednesday 02/07		Thursday 02/08		Friday 02/09	
Scoop Size		Scoop Size		Scoop Size		Scoop Size		Scoop Size	
1 Ea	Pork Riblet	6 Ea	Mini Corn Dogs	3 Oz	Pollo con Calabaza	1 Ea	Beef & Chicken Patty	#8	Turkey Tri-Color Pasta Salad
#8	Buttered Green Beans	#10	Ranchero Beans	#12	Mexican Rice	#10	Pinto Beans	#10	Peach Carrot Salad
#12	Mashed Potatoes	#12	Seasoned Corn	#8	Roasted Potatoes	#12	Peas and Carrots	#12	Cranberry Coleslaw
1 Ea	Wheat Bread	1 Ea	Mustard	1 Ea	Wheat Bread	1 Ea	Wheat Bread	2 Ct	Saltine Crackers
1 Ea	Fresh Fruit	1 Ea	Fudge Round Cookie	1 Ea	Fresh Fruit	1 Ea	Goldfish Pretzel	1 Ea	Applesauce
1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

The above menu meets the current DRI's and Adequate Intake (AI) of the US Dietary Guidelines for American with a minimum of 33.4% RDA as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Menu adheres to basic ration of Regular, High Fiber, Low Salt, Low Fat/Cholesterol, Low Sugar Diet.

Milk is 1% and all fruits are in Natural Juice or are Fresh. Frozen Meals Plan Menu for Saturday and Sunday will vary and meet the RDA and DRI requirements.

Approved By: Joyce Lamilla, RD/ND

Date: September 1, 2023



Week 20 Daily Lunch Menu Schedule February 2024

Monday 02/12		Tuesday 02/13		Wednesday 02/14		Thursday 02/15		Friday 02/16	
Scoop Size		Scoop Size		Scoop Size		Scoop Size		Scoop Size	
3 Ea	Meatballs w/ Marinara Sacue	3 Ea	Chicken Strips	3 Oz	Turkey Barbacoa	1 Ea	Breaded Chicken Patty	4 Ea	Mini Chicken Taquitos
#8	Spaghetti w/ Peas	#10	Ranchero Beans	#12	Mashed Potatoes	#8	Seasoned Corn	#10	Mexican Rice
#12	California Blend	#12	Capri Blend	#8	Roasted Baby Carrots	#12	Black Beans w/ Onions	#12	Refried Beans
1 Ea	Wheat Bread	1 Ea	Ketchup PC	1 Ea	Wheat Bread	#20	Gravy	1 Ea	Picante Sauce
1 Ea	Fresh Fruit	1 Ea	Yogurt	1 Ea	Fresh Fruit	1 Ea	Chocolate Chip Cookies	1 Ea	Graham Crackers
1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

The above menu meets the current DRI's and Adequate Intake (AI) of the US Dietary Guidelines for American with a minimum of 33.4% RDA as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Menu adheres to basic ration of Regular, High Fiber, Low Salt, Low Fat/Cholesterol, Low Sugar Diet.

Milk is 1% and all fruits are in Natural Juice or are Fresh. Frozen Meals Plan Menu for Saturday and Sunday will vary and meet the RDA and DRI requirements.

Approved By: Joyce Lamilla, RD/ND

Date: September 1, 2023



Week 21 Daily Lunch Menu Schedule February 2024

Monday 02/19		Tuesday 02/20		Wednesday 02/21		Thursday 02/22		Friday 02/23	
Scoop Size		Scoop Size		Scoop Size		Scoop Size		Scoop Size	
5 Ea	Chicken Nuggets	1 Ea	Salisbury Steak	3 oz	Creamy Garlic Parmesan Chicken	1 Ea	Breaded Pork Patty	#8	Vegetable Chicken Salad
#12	Mashed Potatoes	#8	Campesino Vegetables	#12	Bowtie Pasta	#12	Baked Beans	#10	Potato Salad
#8	Capri Blend	#12	Black Beans	#8	Roasted Broccoli	#8	Coin Carrots	#12	Salad Mix w/ Ranch Dressing
1 Ea	Buttermilk Ranch	1 Ea	Wheat Bread	1 Ea	Wheat Bread	#20	Gravy	2 ct.	LS Saltine Crackers
1 Ea	Fresh Fruit	1 Ea	Oatmeal Crème Pie	1 Ea	Fresh Fruit	1 Ea	Cheez-its	1 Ea	Diced Mango Fruit Cup
1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

The above menu meets the current DRI's and Adequate Intake (AI) of the US Dietary Guidelines for American with a minimum of 33.4% RDA as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Menu adheres to basic rationals of Regular, High Fiber, Low Salt, Low Fat/Cholesterol, Low Sugar Diet.

Milk is 1% and all fruits are in Natural Juice or are Fresh. Frozen Meals Plan Menu for Saturday and Sunday will vary and meet the RDA and DRI requirements.

Approved By: Joyce Lamilla, RD/ND

Date: September 1, 2023



Week 22 Daily Lunch Menu Schedule February & March 2024

Monday 02/26		Tuesday 02/27		Wednesday 02/28		Thursday 02/29		Friday 03/01	
Scoop Size		Scoop Size		Scoop Size		Scoop Size		Scoop Size	
1 Ea	Mojo Chicken Breast	2 Ea	Chicken Tenders	3 Oz	Carne Guisada	6 Ea	Mini Corn Dogs	4 Ea	Mini Beef Taquitos
#8	Coin Carrots	#8	Black Beans	#12	Mexican Rice	#12	Ranchero Beans	#10	Refried Beans
#8	Roasted Broccoli	#12	Peas and Carrots	#8	Roasted Potatoes	#8	Fiesta Corn	#8	Mexican Rice
1 Ea	Wheat Bread	1 Ea	Ketchup PC	1 Ea	Wheat Bread	1 Ea	Mustard PC	1 Ea	Sour Cream
1 Ea	Fresh Fruit	1 Ea	Chocolate Pudding	1 Ea	Fresh Fruit	1 Ea	Nutty Buddy	1 Ea	Graham Crackers
1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk	1 Ea	Milk

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

The above menu meets the current DRI's and Adequate Intake (AI) of the US Dietary Guidelines for American with a minimum of 33.4% RDA as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Menu adheres to basic ration of Regular, High Fiber, Low Salt, Low Fat/Cholesterol, Low Sugar Diet.

Milk is 1% and all fruits are in Natural Juice or are Fresh. Frozen Meals Plan Menu for Saturday and Sunday will vary and meet the RDA and DRI requirements.

Approved By: Joyce Lamilla, RD/ND

Date: September 1, 2023