





Hot Meal

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
					Meatball Sandwich (Beef)
					WGR Bun*
					Corn
					Apple
					1% Milk
1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4	5	6	7	8
	Sloppy Joe	Cheeseburger	Chicken Teriyaki	Buffalo Chicken	Braised Chicken Thighs
	(Ground Beef)	(Beef) Sliders		Mac & Cheese	
	WGR Bun*	WGR Bun*	Fried Rice	WGR Pasta*	Spanish Rice & Beans
	Baby Carrots	BBQ Home Fries	Peppers, Peas, Carrots	Broccoli	Kidney Beans, Tomato Sauce
	Apple	Orange	Banana	Apple	Apple
	1% Milk	1% Milk	1% Milk	1% Milk/Fat Free	1% Milk
				Chocolate Milk	
2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11	12	13	14	15
		Pizza Biscuit	Smothered Steakburger	Breakfast Casserole	Hearty
	White Chicken Chili	(Chicken Sausage)	(Beef)	(Eggs & Turkey Sausage)	Chicken & Potato Stew
	WGR Biscuit*	WGR Biscuit*	WGR Roll*	WGR Biscuit*	WGR Biscuit*
	Corn, White Beans,	Baby Carrots	Corn	Home Fries	Lima Beans, Carrots,
	Peppers in Chili Apple	Oranges	Banana	Apple	Potatoes in Stew Apple
		-		1% Milk/Fat Free	
	1% Milk	1% Milk	1% Milk	Chocolate Milk	1% Milk
3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	18	19	20	21	22
	Beef Chili	Rasta Pasta (Chicken)	Pulled BBQ Beef	Southwest Chicken	Mac & Cheese
	WGR Biscuit*	WGR Pasta*	WGR Bun*	WGR Southwest Rice	WGR Pasta*
	Tomatoes, Peppers & Kidney Beans in Chili	Peppers in Pasta	Corn	Corn, Peppers, Dice Tomatoes	Green Salad
	Apple	Oranges	Banana	Apple	Apple
	1% Milk	1% Milk	1% Milk	1% Milk/Fat Free	1% Milk
4				Chocolate Milk	
4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	25	26	27	28	29
	Pasta Bolognese	Arroz Con Pollo	Philly Cheese Steak	Chicken Parmesan Pasta	Italian Chicken & Rice
	(Ground Beef)	(Chicken Thighs)			
	WGR Pasta*	WGR Rice*	WGR Bun*	WGR Pasta*	WGR Rice*
	Baby Carrots	Baby Carrots	Peppers & mushrooms	Green Salad	Spinach & Peppers
	Apple	Oranges	Banana	Apple	Apple
	1% Milk	1% Milk	1% Milk	1% Milk/Fat Free	1% Milk
				Chocolate Milk	
5					

Foodlink Community Kitchen *designates a whole grain rich product

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2011 Mt . Read Blvd., Rochester, NY 14615 \bigcirc USDA is an equal opportunity provider and employer

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