

Chileda Menu Week One

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Tenders (2 ea) Buttered Egg Noodles (1/2 c) Peas (1 c) Mandarin Oranges (1 c) Bread Slice (2) Milk (8 oz)	Penne Pasta (1 c) Meat Sauce (1 c) Italian Blend Veggies (1 c) Pineapple Tidbits (1 c) Milk (8 oz)	Garlic Herb Pork Loin (3oz) Potatoes Au Gratin (1 c) Stewed Apples (1 c) Dinner Roll (1 ea) Milk (8 oz)	Diced Chicken Breast (1 ea)/Bacon Bits (1 tbsp) Baked Potato (1 ea) Shredded Cheese (2 tbsp) Brown Rice (1 c) Broccoli (1/2 c) Garden Salad (1/2 c) Fresh Cut Fruit (1 c) Milk (8 oz)	Fish Sticks (4 ea) Herbed Rice (1/2 c) Butternut Squash (1 c) Pineapple Tidbits (1 c) Bread Slice (2 ea) Milk (8 oz)	Ham Sandwich (1 oz) Potato Chips (1 bag) Grapes (1 c) Carrot Sticks (1 c) Bread Slices (2) Milk (8 oz)	Chicken Breast (1 ea) Mac & Cheese (1/2 c) Broccoli (1 c) Applesauce (1 c) Bread Slice (1) Milk (8 oz)
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Hamburger Patty (1) French Fries (1 c) Coleslaw (1/2 c) Pears (1 c) Hamburger Bun (1 ea) Milk (8 oz)	Turkey (3 oz) Sage Dressing (1/2 c) Gravy (1 oz) Corn (1 c) Cranberry Sauce (1 oz) Milk (8 oz)	Pizza (1 slice) Cauliflower (1 c) Garden Salad (1/2 c) Fruit Cocktail (1 c) Milk (8 oz)	Hearty Beef Stew (1 c) Cornbread Muffin (1 ea) Green Beans (1 c) Banana (1 whole) Milk (8 oz)	Layered Chicken Enchiladas (1 sl) Brown Rice & Beans (1 c) Southwest Veg Blend (1 c) Peaches (1/2 c) Milk (8 oz)	BBQ Pork Rib Patty (1 ea) Calif Veggie Blend (1 c) Apple (1 whole) Hot Dog Bun (1) Milk (8 oz)	Ham Steak (3 oz) Sweet Potato Cass (1/2 c) Green Beans (1 c) Pear Tidbits (1 c) Milk (8 oz)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Grilled Teriyaki Chicken (2.5 oz) Brown Rice (1 c) Stir Fry Veggies (1 c) Mandarin Oranges (1 c) Milk (8 oz)	Chicken Breast (1 ea) Broccoli & Cheddar Brown Rice Casserole (1 c) Peas (1/2 c) Fresh Cut Fruit (1 c) Milk (8 oz)	Taco Meat (1/2 c) Spanish Rice (1/2 c) Refried Beans (1 c) Tomato-Lettuce-Cheese Grapes (1 c) Hard Shell Tacos (2 ea) Milk (8 oz)	Lasagna (1 1/4 c) Italian Veggie Blend (1 c) Applesauce (1 c) Dinner Roll (1 ea) Milk (8 oz)	French Toast Cass (1/2) Scrambled Eggs (1/2 c) Turkey Sausage Patty (1) Breakfast Potatoes (1 c) Fresh Cut Fruit (1 c) Bread Slice (2)	Egg Salad Sandwich (1 c) Potato Chips (1 bag) Carrot Sticks (1 c) Diced Pears (1 c) Bread Slice (2) Milk (8 oz)	Corn Dog (1 ea) Mac & Cheese (1/2 c) Green Beans (1 c) Pear Tidbits (1 c) Milk (8 oz)
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Smoked Sausage (1) Baked Beans (1/2 c) Brussels Sprouts (1/2 c) Sliced Peaches (1 c) Milk (8 oz)	Roast Beef (3 oz) Mashed Potatoes (1/2 c) Gravy (1 oz) Garden Salad (1/2 c) Applesauce (1 c) Milk (8 oz)	Meatloaf (3 oz) Potatoes Au Gratin (1/2 c) Cauliflower (1 c) Fruit Cocktail (1 c) Milk (8 oz)	Cheeseburger (1) Herbed Rice (1/2 c) Butternut Squash (1 c) Pineapple Tidbits (1 c) Hamburger Bun (1 ea) Milk (8 oz)	Pizza (1 slice) Cottage Cheese (1/2 c) Cantaloupe (1 c) Bread Stick (1) Milk (8 oz)	Chicken Quesadilla (1 ea) Cilantro Lime Rice (1 c) Southwest Grilled Veg (1c) Salsa (1/2 c) Mandarin Oranges (1 c) Milk (8 oz)	Sloppy Joe (1/2 c) Creamy Pasta Salad (1/2c) Cucumber Slices (1 c) Honeydew & Cantaloupe (1 c) Hamburger Bun (1 ea) Milk (8 oz)

Chileda Menu Week Three

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fish Sandwich (1 filet) Roasted Potatoes (1/2 c) Roasted Carrots (1 c) Banana (1) Hamburger Bun (1 ea) Milk (8 oz)	Hamburger Patty (1) Baked Beans (1/2 c) Calif Veggie Blend (1 c) Mandarin Oranges (1 c) Hamburger Bun (1 ea) Milk (8 oz)	Chicken Tenders (2 ea) Chicken Noodle Soup (6 oz) Garden Salad (1/2 c) Peaches (1 c) Bread Slice (2) Milk (8 oz)	Hearty Beef Stew (1 c) Broccoli (1 c) Fruit Cocktail (1 c) Bread Slice (2) Milk (8 oz)	Macaroni Beef & Tomato Casserole (1 c) Corn (1 c) Pear Tidbits (1 c) Cheese Breadstick (1 ea) Milk (8 oz)	Turkey Sandwich Potato Chips (1 bag) Carrot Sticks (1 c) Peaches (1 c) Hamburger Bun (1 ea) Milk (8 oz)	Pulled Pork S/W (4 oz) BBQ Sauce (1 oz) Tomato Basil Green Beans (1 c) Fresh Cut Fruit (1 c) Hamburger Bun (1 ea) Milk (8 oz)
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Fire Braised Chicken (1 ea) Herbed Rice (1 c) Brussels Sprouts (1 c) Honeydew (1 c) Milk (8 oz)	Cheese Ravioli (1 c) Marinara Sauce (1/2 c) Cauliflower (1 c) Pear Tidbits (1 c) Breadstick (1 ea) Milk (8 oz)	Swedish Meatballs (3 oz) Mashed Potatoes (1/2 c) Gravy (1 oz) Italian Veggies (1 c) Applesauce (1 c) Milk (8 oz)	Turkey (3 oz) Garlic Mashed Potatoes (1c) Peas (1 c) Cranberry Sauce (1 oz) Dinner Roll (1 ea) Milk (8 oz)	Smoked Sausage (1) Hashbrown Cass (1/2 c) Butternut Squash (1 c) Applesauce (1 c) Milk (8 oz)	Pizza (1 slice) Garden Salad (1 c) Creamy Fruit Salad (1/2 c) Milk (8 oz)	Hot Dog (1 ea) Baked Beans (1 c) Pineapple Tidbits (1 c) Hot Dog Bun (1 ea) Milk (8 oz)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
French Toast Cass (1/2) Scrambled Eggs (1/2 c) Turkey Sausage Patty (1) Breakfast Potatoes (1 c) Fresh Cut Fruit (1 c) Bread Slice (2) Milk (8 oz)	Fish Sticks (4 ea) Creamy Pasta Salad (1/2 c) Roasted Carrots (1 c) Apple (1 ea) Bread Slice (2 ea) Milk (8 oz)	Layered Chicken Enchiladas (1 sl) Brown Rice & Beans (1 c) Southwest Veg Blend (1/2 c) Diced Pineapple (1 c) Milk (8 oz)	Grilled Teriyaki Chicken (2.5 oz) Brown Rice (1 c) Stir Fry Veggies (1 c) Honeydew & Cantaloupe (1 c) Milk (8 oz)	Roasted Turkey (3 oz) Sweet Potato Cass (1/2 c) Calif Blend Veggies (1 c) Fruit Cocktail (1 c) Dinner Roll (1 ea) Milk (8 oz)	Tuna Salad Sandwich (1/2 c) American Cheese Slice (1) Cucumber Slices (1 c) Diced Pears (1 c) Milk (8 oz)	Garlic Herb Pork Loin (3 oz) Mashed Potatoes (1 c) Stewed Apples (1 c) Milk (8 oz) Milk (8 oz)
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chicken Tenders (2 ea) Herbed Rice (1/2 c) Peas (1 c) Pineapple Tidbits (1 c) Bread Slice (1) Milk (8 oz)	Sloppy Joe (3 oz) 5 Way Veggie Mix (1 c) Pears (1 c) Milk (8 oz)	Roast Beef (3 oz) Mashed Swt Potatoes (1/2 c) Gravy (1 oz) Applesauce (1 c) Milk (8 oz)	Pork Loin (3 oz) Butternut Squash (1/2 c) Gravy (1 oz) Corn (1/2 c) Sliced Peaches (1/2 c) Milk (8 oz)	Fire Braised Chicken (3 oz) Alfredo Pasta (1 c) Broccoli (1/2 c) Mandarin Oranges (1 c) Milk (8 oz)	Pizza (1 slice) Cheese Breadstick (1 ea) Italian Veggie Blend (1 c) Grapes (1 c) Milk (8 oz)	Chili (1 c) Frito Chips (1 bag) Shredded Cheese (1 oz) Garden Salad (1 c) Mandarin Oranges (1 c) Milk (8 oz)

Chileda Menu Week Five

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Hamburger Patty (1) American Cheese Slice (1) Cooked Carrots (1 c) Fruit Cocktail (1 c) Hamburger Bun (1 ea) Milk (8 oz)	Chicken Tenders (2 ea) Mac & Cheese (1/2 c) Broccoli (1 c) Grapes (1 c) Bread Slice (2) Milk (8 oz)	Chicken Breast (1 ea) Broccoli & Cheddar Brown Rice Casserole (1 c) Butternut Squash (1/2 c) Apple (1 whole) Milk (8 oz)	Corn Dogs (1 ea) Baked Beans (1/2 c) Brussels Sprouts (1 c) Fresh Cut Fruit (1 c) Bread Slice (1) Milk (8 oz)	Macaroni Beef & Tomato Casserole (1 c) Cheese Breadstick (1 ea) Peas (1 c) Applesauce (1 c) Milk (8 oz)	Roast Beef Sandwich Hamburger Bun (1 ea) Potato Chips (1 bag) Cucumber Slices (1 c) Diced Peaches (1 c) Milk (8 oz)	Chicken Breast (1 ea) Calif Veggie Blend (1/2 c) Tomato Soup (1 c) Fruit Cocktail (1 c) Milk (8 oz)
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Sausage, Egg & Cheese Breakfast Casserole (1 ea) Fresh Fruit Yogurt Parfait (6 oz) Milk (8 oz)	Hot Dog (1 ea) Creamy Pasta Salad (1 c) Pear Tidbits (1 c) Hotdog Bun (1 ea) Milk (8 oz)	Pizza (1 slice) Cheese Breadstick (1 ea) 5 Way Veggie Mix (1 c) Pineapple Tidbits (1 c) Milk (8 oz)	Cheese Ravioli (1 c) Marinara Sauce (1/2 c) Cauliflower (1 c) Breadstick (1 ea) Pear Tidbits (1 c) Milk (8 oz)	Breaded Chicken Patty (1) Corn (1 c) Cantaloupe & Honeydew (1 c) Hamburger Bun (1 ea) Milk (8 oz)	Beef & Bean Burrito (1) Guacamole (1 oz) Carrot Sticks (1 c) Mandarin Oranges (1 c) Milk (8 oz)	Potato Crusted Cod (3 oz) Cauliflower Au Gratin (1 c) Banana (1 ea) Bread Slice (2) Milk (8 oz)