

Fresh Meals Catering

2022 September				
Monday	Tuesday	Wednesday	Thursday	Friday
29 BEVERAGES: Milk and water. Menu is subject to changes and substitutions without notice due to product availability	30 Daily selections: assorted fresh greens, garden vegetables, shredded cheese, hard-boiled eggs, assorted dressings	31	01	02
05 No School	06 Club panini on ciabatta roll: smoked turkey breast, crisp bacon & cheddar cheese, assorted vegetables, fresh fruit	07 Penne Pasta with homemade meat sauce, side salad, fresh fruit	08 Grilled steak OR chicken breast on wheat sub roll, mixed vegetables, chocolate chip cookie, fresh fruit	09
12 Roasted turkey sandwich, mixed vegetables, fresh fruit	13 Burrito bowl w/ground turkey, brown rice, pico de gallo, lettuce & sour cream, fresh fruit	14 Mac and cheese, baked beans, fresh fruit	15 Tacos-Chicken or Beef, with lettuce, sour cream & cheese, chocolate brownie, fresh fruit	16
19 Grilled steak OR chicken breast on wheat sub roll, mixed vegetables, fresh fruit	20 Tacos-Chicken or Beef, with lettuce, sour cream & cheese, fresh fruit	21 Grilled ham & cheese on wheat bread, baked french fries, fresh fruit	22 Homemade chicken tenders with parsley potatoes, chocolate chip cookie, fresh fruit	23
26 Chicken & veggie stir fry, brown rice, fresh fruit	27 Turkey club wrap, crisp bacon & cheddar cheese, mixed vegetables, fresh fruit	28 Spaghetti w/vegetables, side salad, fresh fruit	29 grilled chicken breast sandwich on wheat sub, mixed vegetables, chocolate brownie, fresh fruit	30

2022 October

Monday	Tuesday	Wednesday	Thursday	Friday
26 BEVERAGES: Milk and water. Menu is subject to changes and substitutions without notice due to product availability	27 Daily selections: assorted fresh greens, garden vegetables, shredded cheese, hard-boiled eggs, assorted dressings	28	29	30
03 Taco-chicken or beef, lettuce, sour cream & cheese, fresh fruit	04 cheese burger w/oven baked potato wedges, fresh fruit	05 spaghetti w/vegetables, side salad, fresh fruit	06 club panini: smoked turkey breast, crisp bacon & cheddar cheese, mixed vegetables, chocolate chip cookie, fresh fruit	07
10 No School	11 Philly cheese chicken, mixed vegetables, fresh fruit	12 penne pasta with homemade meat sauce, side salad, fresh fruit	13 grilled chicken breast sandwich on wheat sub, mixed vegetables & chocolate brownie, fresh fruit	14
17 Lemon roasted chicken with brown rice and homemade cream sauce, fresh fruit	18 Grilled steak or chicken breast on wheat sub, mixed vegetables, chocolate chip cookie, fresh fruit	19 mac & cheese, baked beans, fresh fruit	20 chicken & veggie stir fry, brown rice, chocolate chip cookie, fresh fruit	21
24 club panini: smoked turkey breast, crisp bacon & cheddar cheese, mixed vegetables, chocolate chip cookie, fresh fruit	25 grilled chicken breast sandwich on wheat sub, mixed vegetables & chocolate brownie, fresh fruit	26 Grilled ham & cheese on wheat bread, baked french fries, fresh fruit	27 Taco-chicken or beef, lettuce, sour cream & cheese, chocolate brownie, fresh fruit	28
31 Taco-chicken or beef, lettuce, sour cream & cheese, chocolate brownie, fresh fruit	01	Notes:		

2022 November

Monday	Tuesday	Wednesday	Thursday	Friday
31 BEVERAGES: Milk and water. Menu is subject to changes and substitutions without notice due to product availability	01 grilled chicken breast sandwich on wheat sub, mixed vegetables, fresh fruit	02 mac & cheese, baked beans, fresh fruit	03 Noon dismissal	04
07 Chicken noodle soup, fresh fruit	08 cheese burger w/oven baked potato wedges, fresh fruit	09 penne pasta with homemade meat sauce, side salad, fresh fruit	10 club panini: smoked turkey breast, crisp bacon & cheddar cheese, mixed vegetables, chocolate chip cookie, fresh fruit	11 No School
14 club panini: smoked turkey breast, crisp bacon & cheddar cheese, mixed vegetables, chocolate chip cookie, fresh fruit	15 homemade chicken tenders w/parsley potatoes, fresh fruit	16 spaghetti w/vegetables, side salad, fresh fruit	17 Philly cheese chicken, mixed vegetables, fresh fruit, chocolate brownie	18
21 Lemon roasted chicken with brown rice and homemade cream sauce, fresh fruit	22 Grilled steak or chicken breast on wheat sub, mixed vegetables, chocolate chip cookie, fresh fruit	23 No School	24 No School	25 No School
28 Chicken or beef taco, lettuce, sour cream, fresh fruit	29 Club panini: smoked turkey breast, crisp bacon, & cheddar cheese and mixed vegetables, fresh fruit	30 penne pasta with homemade meat sauce, side salad, fresh fruit	01	02 Daily selections: assorted fresh greens, garden vegetables, shredded cheese, hard-boiled eggs, assorted dressings

2022 December

Monday	Tuesday	Wednesday	Thursday	Friday
28 BEVERAGES: Milk and water. Menu is subject to changes and substitutions without notice due to product availability	29 Daily selections: assorted fresh greens, garden vegetables, shredded cheese, hard-boiled eggs, assorted dressings	30	01 Burrito bowl w/ground turkey, brown rice, pico de gallo, lettuce & sour cream, chocolate brownie, fresh fruit	02
05 chicken club wrap: grilled chicken breast, crisp bacon & cheddar cheese, fresh fruit	06 Spaghetti with meatballs, topped w/homemade marinara sauce, side salad, fresh fruit	07 mac & cheese, baked beans, fresh fruit	08 Chicken noodles soup, chocolate chip cookie, fresh fruit	09
12 Turkey club wrap: crisp bacon & cheddar cheese, mixed vegetables, fresh fruit	13 Chicken & veggie stir fry, brown rice, fresh fruit	14 Chicken noodle soup, fresh fruit	15 Homemade chicken tenders w/parsley potatoes, chocolate brownie, fresh fruit	16
19 No School	20 No School	21 No School	22 No School	23
26 No School	27 No School	28 No School	29 No School	30