

Proteins	Vegetables	Sides	Mains
Broc. filled Breaded Chicken	Steamed Broccoli	Mashed Potatoes	Lasagna
Chicken Nuggets	Roasted Broccoli	Boiled Potatoes	Ravioli & Sauce
Rotisserie Chicken	Green Beans	French Fries	Goulash
Fettucini Alfredo/Chicken	Garlic Green Beans	Tator Tots	Pizza Rolls
Chicken Pot Pie	Roasted Brussel Sprouts	Hash Browns	Pierogies
Buffalo Chick. Fingers	Roasted Asparagus	Potato Packets w/ O & P	BLT's
Chicken & Dumplings	Roasted Cauliflower	Au Gratin Potatoes	Grilled Cheese
Chicken Wings	Corn	Angel Hair Pasta Roni	Corn Bread
Chicken Fingers	Onions & Peppers	Garlic Vermicelli Pasta Roni	Eggs
Chicken Quesadillas	Tom. & Cuc. Salad	Suddenly Salad	Waffles
Meatball Sub	Garden Salad	Rice	Pancakes
Taco Pizza	Lettuce, Tomato, Scallion	Vegetable Fried Rice	Stromboli
Beef Stew	Let., Tom., Scal., Pickles	Onion Rings	
Stuffed Peppers	Veggie Spring Rolls	Spatzle & Cheese Sauce	
Ribs	Mixed Vegetables	Spatzle & Gravy	
Pork Chops		Spanish Rice	
Turkey Burgers		Mac N' Cheese	
Pork Tenderloin		Hot Dog Rolls	
Ham Steak		Hamburger Rolls	
Fish		Hoagie Rolls	
Spring Rolls w/ Chicken		Jr. Kaiser Rolls	
Steak - NY Strip			
Chicken Fajitas			
Bacon			
Roast Beef			
Marinated Chicken			