



# Nutritionized PS & K8



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/3 1/31 2/28 3/28 Delicious-Made Italian Meatballs in Delicious-Made Marinara Sauce Spaghetti Noodles Green Beans Orange WG Delicious-Made Bread*	1/4 2/1 3/1 3/29 Macaroni & Cheese Broccoli Banana WG Delicious-Made Bread*	1/5 2/2 3/2 3/30 Diced Chicken & Gravy Mashed Potatoes HV: Green Peas CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Apple WG Delicious-Made Dinner Roll*	1/6 2/3 3/3 3/31 Beef Nachos Shredded Cheddar Cheese Sour Cream Spanish Black Beans Pear WG Corn Tortilla Chips*	1/7 2/4 3/4 4/1 Cheesy Chicken & Rice HV: Roasted Peppers CV: Cucumber Slices Delicious-Made Ranch Dressing Honeydew WG Delicious-Made Dinner Roll*
1/10 2/7 3/7 Turkey & Gravy Baked Sliced Sweet Potatoes Broccoli Apple WG Delicious-Made Dinner Roll*	1/11 2/8 3/8 Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans Banana WG Soft Flour Tortilla*	1/12 2/9 3/9 Baked Beef Mostaccioli HV: Roasted Vegetables CV: Cucumber Slices Delicious-Made Ranch Dressing Orange WG Delicious-Made Bread*	1/13 2/10 3/10 Pesto Pasta w/ Diced Chicken Green Peas Pear WG Delicious-Made Bread*	1/14 2/11 3/11 Cheeseburger Casserole HV: Cauliflower CV: Tossed Salad Delicious-Made Ranch Dressing Pineapple WG Delicious-Made Bread*
1/17 2/14 3/14 Italian Chicken Steamed Rice Carrot Mash Orange WG Delicious-Made Bread*	1/18 2/15 3/15 Macaroni & Cheese Green Peas Banana WG Delicious-Made Bread*	1/19 2/16 3/16 Chicken with Delicious-Made Marinara Sauce Rotini Pasta HV: Roasted Vegetables CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Apple WG Delicious-Made Bread*	1/20 2/17 3/17 Beef Taco Shredded Cheddar Cheese Shredded Lettuce Green Beans Pear WG Soft Tortilla*	1/21 2/18 3/18 Cheese Ravioli* in Delicious-Made Marinara Sauce HV: Broccoli CV: Cucumber Slices Delicious-Made Ranch Dressing Watermelon WG Delicious-Made Bread*
1/24 2/21 3/21 Turkey Chili Penne Pasta Broccoli Apple WG Cornbread*	1/25 2/22 3/22 <b>NEW!</b> Baked Ziti w/ Chicken Green Peas Banana WG Delicious-Made Bread*	1/26 2/23 3/23 Chicken Tacos Shredded Cheddar Cheese Shredded Lettuce HV: Cauliflower CV: Southwest Bean Salad Watermelon WG Soft Flour Tortilla*	1/27 2/24 3/24 Beef Sloppy Joe Baked French Fries Sauteed Cabbage Cantaloupe WG Delicious-Made Bun*	1/28 2/25 3/25 Turkey & Gravy <b>NEW!</b> Roasted Butternut Squash HV: Green Beans CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Dinner Roll*

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.

Menus are subject to change.

(\*) Item is **WHOLE GRAIN**.

**\*\*ENTRÉES ARE DELICIOUS MADE (made from scratch)**

**\*What is Delicious Made** (de-li-cious made | di-'li-shəs mād)?  
Delicious Made means no sugar, no preservatives, no chemicals, no high-fructose corn sweetener, no trans fats.  
Our Delicious Made, 100% Certified Organic meals are yummy, healthy, affordable and all-natural!