

Friday Grab & Go Menus 2021

DATES	Mon	Tue	Wed	Thu	Fri
Week 1					
<u>01/08/21</u>	7 oz Beef Ravioli 3/4 Cup Corn 1 Whole Apple Assorted Milk	7 oz Macaroni & Cheese 3/4 Cup Green Beans 1 Whole Orange Assorted Milk	7 oz Beef Ravioli 3/4 Cup Corn 1 Whole Banana Assorted Milk	7 oz Macaroni & Cheese 3/4 Cup Carrots 1 Whole Apple Assorted Milk	4 oz Chicken 3/4 Cup Green Beans 2 WW Dinner Rolls 1 Whole Orange Assorted Milk
<u>02/05/21</u>					
<u>03/05/21</u>					
<u>04/09/21</u>					
<u>05/07/21</u>					
Week 2					
<u>01/15/21</u>	7 oz Chili & Beans 3/4 Cup Corn 1 Whole Apple Assorted Milk	7 oz Spaghetti O's w/ Meatballs 3/4 Cup Pinto Beans 1 Whole Orange Assorted Milk	7oz Chili & Beans 3/4 Cup Corn 1 Whole Banana Assorted Milk	7 oz Spaghetti O's w/ Meatballs 3/4 Cup Pinto Beans 1 Whole Apple Assorted Milk	4 oz Tuna 2 WW Dinner Rolls 3/4 Cup Green Peas 1 Whole Orange Assorted Milk
<u>02/12/21</u>					
<u>03/12/21</u>	1 Pk Graham Cracker		1 Pk Graham Cracker		
<u>04/16/21</u>					
<u>05/14/21</u>					
Week 3					
<u>01/22/21</u>	7 oz Macaroni & Cheese 3/4 Cup Green Beans 1 Whole Apple Assorted Milk	7 oz Lasagna w/ Tomato & Meat Sauce 3/4 Cup Carrots 1 Whole Orange Assorted Milk	7 oz Macaroni & Cheese 3/4 Cup Green Beans 1 Whole Banana Assorted Milk	7 oz Lasagna w/ Tomato & Meat Sauce 3/4 Cup Carrots 1 Whole Apple	4 oz Chicken 2 WW Dinner Rolls 3/4 Cup Green Peas 1 Whole Orange Assorted Milk
<u>02/19/21</u>					
<u>03/19/21</u>					
<u>04/23/21</u>					
<u>02//28/21</u>					
Week 4					
<u>01/29/21</u>	7 oz Beef Tamales 3/4 Cup Corn 1 Whole Apple Assorted Milk	7 oz Spaghetti O's w/ Meatballs 3/4 Cup Pinto Beans 1 Whole Orange Assorted Milk	7 oz Beef Tamales 3/4 Cup Corn 1 Whole Banana Assorted Milk	7 oz Spaghetti O's w/ Meatballs 3/4 Cup Corn 1 Whole Apple Assorted Milk	4 oz Tuna 2 WW Dinner Rolls 3/4 Cup Green Beans 1 Whole Apple Assorted Milk
<u>02/26/21</u>					
<u>04/02/21</u>					
<u>04/30/21</u>					

Gossner Non Fat Chocolate Milk and 1% White Milk served daily

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Reviewed & Approved:

(LEA) FNSMD: Charleen Hadap 12/28/20

State Agency for Child Nutrition Program: Matthew Sablan



