



# Nutritionized PS & K8

## January~February~March 2024

[www.choosedelicious.com](http://www.choosedelicious.com)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/1 (closed) 1/29 2/26 3/25	1/2 1/30 2/27 3/26	1/3 1/31 2/28 3/27	1/4 2/1 2/29 3/28	1/5 2/2 3/1 3/29
Delicious Made Italian Beef Meatballs in Marinara Rotini Pasta Green Beans Apple WG Delicious-Made Dinner Roll*	Delicious Made Chicken Lo Mein Cauliflower Banana WG Delicious-Made Dinner Roll*	Delicious Made Three Cheese Pasta Bake HV: Green Peas CV: Fresh Broccoli Delicious-Made Ranch Dressing Orange WG Delicious-Made Bread*	Chicken Potato Tacos Shredded Cheddar Cheese Spanish Rice Brussel Sprouts Pear WG Soft Flour Tortilla**	Delicious Made Beef Mostaccioli HV: Baked Sliced Sweet Potatoes CV: Cucumber Slices Delicious-Made Ranch Dressing Diced Fresh Fruit WG Delicious Made Dinner Roll**
1/8 2/5 3/4	1/9 2/6 3/5	1/10 2/7 3/6	1/11 2/8 3/7	1/12 2/9 3/8
Delicious Made Macaroni and Cheese Green Peas Apple WG Delicious-Made Dinner Roll*	Delicious Made Chicken Cacciatore Penne Pasta Roasted Green Beans Banana WG Delicious-Made Dinner Roll*	Beef Nachos Shredded Cheddar Cheese Sour Cream Steamed Rice HV: Diced Carrots CV: Southwest Bean Salad Orange WG Corn Tortilla Chips*	Delicious Made Chicken Parmesan w/Noodles Broccoli Pear WG Delicious-Made Bread*	WG Cheese Ravioli in Marinara Sauce* HV: Butternut Squash CV: Cucumber Slices Delicious-Made Ranch Dressing Diced Fresh Fruit WG Delicious-Made Dinner Roll*
1/15 2/12 3/11	1/16 2/13 3/12	1/17 2/14 3/13	1/18 2/15 3/14	1/19 2/16 3/15
Vegetarian Bean Chili Steamed White Rice Green Peas Apple WG Delicious-Made Corn Bread	Delicious Made Beef Meat Sauce Spaghetti Noodles Cauliflower Banana WG Delicious-Made Dinner Roll*	Delicious Made Fajita Chicken Skillet with Cheese Refried Beans HV: WG Corn* CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Soft Wheat Tortilla*	Delicious Made Macaroni and Cheese Broccoli Pear WG Delicious-Made Bread*	Cheeseburger Casserole HV: Green Beans CV: Tossed Salad Delicious-Made Italian Dressing Diced Fresh Fruit WG Delicious-Made Dinner Roll*
1/22 2/19 3/18	1/23 2/20 3/19	1/24 2/21 3/20	1/25 2/22 3/21	1/26 2/23 3/22
Delicious Made Macaroni and Cheese Diced Carrots Apple WG Delicious-Made Dinner Roll*	Delicious Made BBQ Pulled Chicken Rainbow Potatoes Broccoli Banana WG Delicious-Made Bun*	Beef Stuffed Pepper Casserole with Rice HV: Green Beans CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Corn Bread*	Beef Tacos Shredded Cheddar Cheese Spanish Rice Spanish Black Beans Pear WG Soft Flour Tortilla*	Ziti Pasta w/Chicken in a Creamy Red Sauce HV: Butternut Squash CV: Cucumber Slices Delicious-Made Ranch Dressing Diced Fresh Fruit WG Delicious-Made Bread*

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)