

# 5 Pk Diet Winter 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
4W315102 (with milk) 4W315002 (without milk)	Beef Patty w/Horseradish Sauce Red Skin Potatoes Brussels Sprouts Whole Wheat Bread Margarine Milk* Grape Juice** Chocolate Crème Cookies  022	Chicken Chili w/Beans Cauliflower Spring Vegetable Blend Cornbread Muffin Margarine Milk* Berry Apple Crisp Bar  062	Pork Patty & Brown Gravy Spinach Sweet Potatoes Bran Muffin Margarine Milk* Raisins  041	Macaroni & Cheese Bean Blend Brussels Sprouts Whole Wheat Bread Margarine Milk* Star Crunch Cookie  075	Beef Patty over Cheesy Chipotle Rice Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Milk* Orange Juice** Strawberry Crisp Bar  082
4W325102 (with milk) 4W325002 (without milk)	Breaded Pollock Wedge Autumn Blend Butternut Squash Whole Wheat Bread Margarine Milk* Dragon Punch Juice Strawberry Crisp Bar  085	Homestyle Meatloaf Red Skin Potatoes Winter Vegetables Whole Wheat Bread Margarine Milk* Raisins Graham Crackers  023	Florentine Stuffed Shell w/Parma Rosa Lima Beans Carrots Whole Wheat Bread Margarine Milk* Orange Juice** Star Crunch Cookie  018	Red Beans & Rice with Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Milk* Applesauce Cup  020	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Whole Wheat Bread Margarine Milk* Apple Juice** Berry Apple Crisp Bar  011
4W335102 (with milk) 4W335002 (without milk)	Spaghetti & Meatballs Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Milk* Straw Applesauce Cup Graham Crackers  065	BBQ Chicken Stewed Tomatoes Sweet Potatoes Whole Wheat Bread Margarine Milk* Raisins Chocolate Crème Cookies  053	Breaded Pollock Green Pea Blend Carrots Whole Wheat Bread Margarine Milk* Orange Juice** Vanilla Crème Cookies  044	Chicken Tenders & Zesty Orange Rice Bean Blend Three Seasons Vegetable Blend Whole Wheat Bread Margarine Milk* Star Crunch Cookie  090	Beef Patty Carrots Brussels Sprouts Whole Wheat Bread Margarine Milk* Grape Juice** Strawberry Crisp Bar  099
4W345102 (with milk) 4W345002 (without milk)	Ginger Pork Red Skin Potatoes Green Pea Blend Whole Wheat Bread Margarine Milk* Berry Apple Crisp Bar  097	Meatballs & Alfredo Shells Corn with Peppers Green Beans Whole Wheat Bread Margarine Milk* Orange Juice** Vanilla Crème Cookies  055	Rosemary Chicken Lima Beans Spring Vegetables Whole Wheat Bread Margarine Milk* Orange Juice** Strawberry Crisp Bar  025	Salisbury Steak Red Skin Potatoes Mixed Vegetables Cornbread Muffin Margarine Milk* Dragon Punch Juice Graham Crackers  047	Breaded Pollock w/Parma Rosa Sauce Corn with Peppers Italian Green Beans Whole Wheat Bread Margarine Milk* Applesauce Cup Raisins  067
4W355102 (with milk) 4W355002 (without milk)	Chicken & Teriyaki Rice Sweet Potatoes Brussels Sprouts Whole Wheat Bread Margarine Milk* Strawberry Crisp Bar  052	Breakfast Burrito w/Salsa Applesauce Hash Browns Whole Wheat Bread Margarine Milk* Grape Juice**  078	Lasagna with Meat Sauce Spinach Corn with Peppers Whole Wheat Bread Margarine Milk* Raisins  021	Pork Patty & Rice w/Roasted Garlic Gravy Succotash Carrots Whole Wheat Bread Margarine Milk* Dragon Punch Juice Graham Crackers  063	Breaded Chicken Whole Kernel Corn Spring Vegetables Whole Wheat Bread Margarine Milk* Orange Juice** Vanilla Crème Cookies  050

\*Available with or without milk

\*\*Calcium fortified juice

Menu effective January 2023

Case dimensions: 14.25"x9"x7"/0.519ft3

Nutritional information available at [www.traditions.com](http://www.traditions.com)