

7 Pk Diet
Winter 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/15/23 F145 (with milk) 4/15/23 F142 (without milk)	Beef Patty w/Horseradish Sauce Red Skin Potatoes Brussels Sprouts Whole Wheat Bread Margarine Milk* Grape Juice** Chocolate Crème Cookies	Chicken Chili w/Beans Cauliflower Spring Vegetable Blend Cornbread Muffin Margarine Milk* Berry Apple Crisp Bar	Pork Patty & Brown Gravy Spinach Sweet Potatoes Bran Muffin Margarine Milk* Raisins	Macaroni & Cheese Bean Blend Brussels Sprouts Whole Wheat Bread Margarine Milk* Star Crunch Cookie	Beef Patty over Cheesy Chipotle Rice Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Milk* Orange Juice** Strawberry Crisp Bar	Chicken Parmesan Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk* Tropical Fruit Cup	Breakfast Scramble Asparagus Hash Browns Whole Wheat Bread Margarine Milk* Raisins Graham Crackers
	022	062	041	075	082	077	093
4/15/23 F145 (with milk) 4/15/23 F142 (without milk)	Breaded Pollock Wedge Autumn Blend Butternut Squash Whole Wheat Bread Margarine Milk* Dragon Punch Juice Strawberry Crisp Bar	Homestyle Meatloaf Red Skin Potatoes Winter Vegetables Whole Wheat Bread Margarine Milk* Raisins Graham Crackers	Florentine Stuffed Shell w/Parma Rosa Lima Beans Carrots Whole Wheat Bread Margarine Milk* Orange Juice** Star Crunch Cookie	Red Beans & Rice with Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Milk* Applesauce Cup	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Whole Wheat Bread Margarine Milk* Apple Juice** Berry Apple Crisp Bar	Beef Patty & Onion Gravy Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk* Raisins Strawberry Crisp Bar	Mushroom Swiss Chicken & Rice Stewed Tomatoes Peas & Carrots Whole Wheat Bread Margarine Milk* Pineapple Cup Vanilla Crème Cookies
	085	023	018	020	011	088	019
4/15/23 F145 (with milk) 4/15/23 F142 (without milk)	Spaghetti & Meatballs Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Milk* Straw Applesauce Cup Graham Crackers	BBQ Chicken Stewed Potatoes Sweet Potatoes Whole Wheat Bread Margarine Milk* Raisins Chocolate Crème Cookies	Breaded Pollock Green Pea Blend Carrots Whole Wheat Bread Margarine Milk* Orange Juice** Vanilla Crème Cookies	Chicken Tenders & Zesty Orange Rice Bean Blend Three Seasons Vegetable Blend Whole Wheat Bread Margarine Milk* Star Crunch Cookie	Beef Patty Carrots Brussels Sprouts Whole Wheat Bread Margarine Milk* Grape Juice** Strawberry Crisp Bar	Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread Margarine Milk* Raisins Berry Apple Crisp Bar	Chipotle Meatloaf Red Skin Potatoes Green Beans Bran Muffin Margarine Milk* Peach Cup Graham Crackers
	065	053	044	090	099	074	084
4/15/23 F145 (with milk) 4/15/23 F142 (without milk)	Ginger Pork Red Skin Potatoes Green Pea Blend Whole Wheat Bread Margarine Milk* Berry Apple Crisp Bar	Meatballs & Alfredo Shells Corn with Peppers Green Beans Whole Wheat Bread Margarine Milk* Orange Juice** Vanilla Crème Cookies	Rosemary Chicken Lima Beans Spring Vegetables Whole Wheat Bread Margarine Milk* Orange Juice** Strawberry Crisp Bar	Salisbury Steak Red Skin Potatoes Mixed Vegetables Cornbread Muffin Margarine Milk* Dragon Punch Juice Graham Crackers	Breaded Pollock w/Parma Rosa Sauce Corn with Peppers Italian Green Beans Whole Wheat Bread Margarine Milk* Applesauce Cup Raisins	Mushroom Pork Sweet Potatoes Green Beans Whole Wheat Bread Margarine Milk* Strawberry Applesauce Cup Chocolate Crème Cookies	Chicken & Dumplings Lima Beans Winter Vegetables Whole Wheat Bread Margarine Milk* Dragon Punch Juice
	097	055	025	047	067	087	054
4/15/23 F145 (with milk) 4/15/23 F142 (without milk)	Chicken & Teriyaki Rice Sweet Potatoes Brussels Sprouts Whole Wheat Bread Margarine Milk* Strawberry Crisp Bar	Breakfast Burrito w/Salsa Applesauce Hash Browns Whole Wheat Bread Margarine Milk* Grape Juice**	Lasagna with Meat Sauce Spinach Corn with Peppers Whole Wheat Bread Margarine Milk* Raisins	Pork Patty & Rice w/Roasted Garlic Gravy Succotash Carrots Whole Wheat Bread Margarine Milk* Dragon Punch Juice Graham Crackers	Breaded Chicken Whole Kernel Corn Spring Vegetables Whole Wheat Bread Margarine Milk* Orange Juice** Vanilla Crème Cookies	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk* Tropical Fruit Cup	Chicken Florentine & Rice Asparagus Carrots Whole Wheat Bread Margarine Milk* Berry Apple Crisp Bar
	052	078	021	063	050	024	079

*Available with or without milk
**Calcium fortified juice
Menu effective January 2023
Case dimensions: 14.25"x9.25"x9"0.6813
Nutritional information at www.traditions.com