

7 Pk Diet
Winter 2024



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|---|--|--|
| 4W41702 (with milk) 4W41702 (without milk) | Spaghetti & Meatballs Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Milk* Grape Juice** 065 | Cheese Pizza Mixed Vegetables Bean Blend Bran Muffin Margarine Milk* Dragon Punch Juice 024 | Beef Strip Patty & Brown Gravy Spinach Four Seasons Vegetable Blend Cornbread Muffin Margarine Milk* Apple Juice** Chocolate Crème Cookies 038 | BBO Chicken Succotash Green Beans Whole Wheat Bread Margarine Milk* Orange Juice** Oatmeal Crème Cookie 053 | Ginger Pork Red Skin Potatoes Green Pea Blend Whole Wheat Bread Margarine Milk* Apple Spice Cookie 097 | Pollock w/Coconut Rice Three Seasons Vegetable Blend Broccoli Florets Whole Wheat Bread Margarine Milk* Vanilla Crème Cookies 096 | Creamy Breaded Chicken Lima Beans Mixed Vegetables Whole Wheat Bread Margarine Milk* Strawberry Applesauce Cup 086 |
| 4W42702 (with milk) 4W42702 (without milk) | Breaded Chicken Patty Whole Kernel Corn Spring Vegetables Cornbread Muffin Margarine Milk* Orange Juice** Star Crunch Cookie 050 | Pork Patty & Brown Gravy Spinach Sweet Potatoes Cornbread Muffin Margarine Milk* Blueberry Lemon Bar 041 | Thai Chili Meatballs w/Rice Green Pea Blend Broccoli Florets Whole Wheat Bread Margarine Milk* Apple Juice** Graham Crackers 059 | Three Cheese Ravioli & Spinach Alfredo Mixed Vegetables Cauliflower Whole Wheat Bread Margarine Milk* Cherry Cookie 049 | Chipotle Meatloaf Red Skin Potatoes Green Beans Bran Muffin Margarine Milk* Grape Juice** Applesauce Cup 084 | Chicken Patty & Apricot Rice Carrots Brussels Sprouts Bran Muffin Margarine Milk* Orange Juice** Vanilla Crème Cookies 028 | Meatballs over Egg Noodles & Pizzaiola Sauce Carrots Green Beans Whole Wheat Bread Margarine Milk* Dragon Punch Juice Snickerdoodle Cookie 016 |
| 4W43702 (with milk) 4W43702 (without milk) | Grilled BBQ Pork Black Beans & Corn Brussels Sprouts Whole Wheat Bread Margarine Milk* Oatmeal Crème Cookie 013 | Cilantro Lime Meatballs w/Rice Bean Blend Carrots Whole Wheat Bread Margarine Milk* Dragon Punch Juice 076 | Rosemary Chicken Lima Beans Spring Vegetable Blend Whole Wheat Bread Margarine Milk* Orange Juice** Vanilla Crème Cookie 025 | Salisbury Steak Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk* Grape Juice** Strawberry Applesauce Cup 047 | Pepperoni Pizza Four Seasons Vegetable Blend Whole Kernel Corn Whole Wheat Bread Margarine Milk* Dragon Punch Juice 012 | Pork Patty & Zesty Orange Rice Green Peas Carrots Whole Wheat Bread Margarine Milk* Pineapple Cup 031 | Breaded Pollock w/Parma Rosa Corn with Peppers Italian Green Beans Whole Wheat Bread Margarine Milk* Orange Juice** Apple Spice Cookie 067 |
| 4W44702 (with milk) 4W44702 (without milk) | Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Milk* Dragon Punch Juice Cherry Cookie 094 | Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Milk* Orange Juice** 070 | Beef Pepper Patty with Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk* Chocolate Crème Cookies 042 | Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk* Tropical Fruit Cup 077 | Red Beans & Rice with Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Milk* Orange Juice** 020 | Beef Patty Carrots Brussels Sprouts Whole Wheat Bread Margarine Milk* Grape Juice** Campfire S'mores Bar 099 | Southwest Style Chicken Tenders Sweet Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk* Star Crunch Cookie 089 |
| 4W45702 (with milk) 4W45702 (without milk) | Pork Patty & Mushroom Gravy Sweet Potatoes Green Beans Cornbread Muffin Margarine Milk* Snickerdoodle Cookie 087 | Huevos Rancheros Red Skin Potatoes Broccoli Florets Bran Flakes Cereal Margarine Milk* Apple Juice** 061 | Meatballs & Alfredo Shell Pasta Corn with Peppers Green Beans Bran Muffin Margarine Milk* Orange Juice** 055 | Chicken Nuggets Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Milk* Grape Juice** Applesauce Cup 068 | Pork Patty & Rice w/Roasted Garlic Gravy Succotash Carrots Whole Wheat Bread Margarine Milk* Dragon Punch Juice Vanilla Crème Cookies 063 | Breaded Pollock Green Pea Blend Carrots Whole Wheat Bread Margarine Milk* Orange Juice** Chocolate Crème Cookies 044 | Homestyle Meatloaf Red Skin Potatoes Winter Vegetables Whole Wheat Bread Margarine Milk* Apple Juice** Cherry Cookie 023 |

*Available with or without milk
**Calcium fortified juice
Menu effective January 2024
Case dimensions: 14.25"x8.25"x9" (10.69lit)
Nutritional information at www.traditionsn.com