

7 Pk Diet
Fall 2021



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TMS17102F21 (with milk) TMS17002F21 (without milk)	Pizzaiaola Meatballs over Egg Noodles Carrots Green Beans Whole Wheat Bread Margarine Milk* Applesauce Cup Chocolate Crème Cookies 016	Breaded Pork Red Skin Potatoes Brussels Sprouts Whole Wheat Bread Margarine Milk* Vanilla Crème Cookies 010	Chicken & Dumplings Lima Beans Winter Vegetables Whole Wheat Bread Margarine Milk* Orange Juice** 054	Beef Chili w/Beans Carrots Broccoli Florets Cornbread Muffin Margarine Milk* Graham Crackers 034	Chicken Parmesan Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk* Dragon Punch Juice Campfire S'mores Bar 077	Fish Nuggets Northern Beans Broccoli Florets Whole Wheat Bread Margarine Milk* Orange Juice** Vanilla Crème Cookies 070	Chicken Tenders & Zesty Orange Rice Bean Blend Three Seasons Vegetable Blend Whole Wheat Bread Margarine Milk* Star Crunch Cookie 090
TMS27102F21 (with milk) TMS27002F21 (without milk)	Beef Patty Carrots Brussels Sprouts Whole Wheat Bread Margarine Milk* Apple Juice** Star Crunch Cookie 099	Cheese Ravioli & Spinach Alfredo Mixed Vegetables Cauliflower Whole Wheat Bread Margarine Milk* Chocolate Crème Cookies 049	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Whole Wheat Bread Margarine Milk* Peach Cup Vanilla Crème Cookies 011	Breaded Fish Wedge Autumn Blend Butternut Squash Whole Wheat Bread Margarine Milk* Dragon Punch Juice Blueberry Lemon Bar 085	Breaded Chicken Whole Kernel Corn Spring Vegetables Whole Wheat Bread Margarine Milk* Orange Juice** Graham Crackers 050	Lasagna w/Meat Sauce Spinach Corn with Peppers Whole Wheat Bread Margarine Milk* Grape Juice** 021	Creamy Breaded Chicken Lima Beans Mixed Vegetables Whole Wheat Bread Margarine Milk* Orange Juice** 086
TMS37102F21 (with milk) TMS37002F21 (without milk)	Chicken & Teriyaki Rice Sweet Potatoes Brussels Sprouts Whole Wheat Bread Margarine Milk* Vanilla Crème Cookies 052	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk* Dragon Punch Juice 024	Spaghetti & Meatballs Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Milk* Peach Cup 065	Rosemary Chicken Lima Beans Spring Vegetables Bran Muffin Margarine Milk* Orange Juice** 025	Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread Peanut Butter Milk* Raisins 074	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk* Chocolate Crème Cookies 042	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Cornbread Muffin Margarine Milk* Dragon Punch Juice 020
TMS47102F21 (with milk) TMS47002F21 (without milk)	Macaroni & Cheese Stewed Tomatoes Bean Blend Whole Wheat Bread Margarine Milk* Dragon Punch Juice Chocolate Crème Cookies 075	Homestyle Meatloaf Red Skin Potatoes Winter Vegetables Whole Wheat Bread Margarine Milk* Campfire S'mores Bar 023	Breaded Pollock Green Pea Blend Carrots Bran Muffin Margarine Milk* Orange Juice** Vanilla Crème Cookies 044	Salisbury Steak Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk* Strawberry Applesauce Cup Graham Crackers 047	Penne Alfredo Chicken Carrots Butternut Squash Whole Wheat Bread Margarine Milk* Orange Juice** Raisins 094	Breakfast Burrito w/Salsa Applesauce Hash Browns Bran Flakes Cereal Milk* Grape Juice** 078	Chicken & Tomato Basil Penne Corn with Peppers Green Beans Whole Wheat Bread Margarine Milk* Orange Juice** Blueberry Lemon Bar 029
TMS57102F21 (with milk) TMS57002F21 (without milk)	BBQ Pork Patty Red Skin Potatoes Whole Kernel Corn Whole Wheat Bread Margarine Milk* Dragon Punch Juice Blueberry Lemon Bar 013	Chicken Florentine Rice Asparagus Carrots Whole Wheat Bread Margarine Milk* Star Crunch Cookie 079	Veal Parmesan Carrots Green Pea Blend Whole Wheat Bread Margarine Milk* Raisins 056	Mushroom Swiss Chicken Stewed Tomatoes Peas & Carrots Bran Muffin Margarine Milk* Applesauce Cup 019	Meatballs & Alfredo Shell Pasta Corn with Peppers Green Beans Whole Wheat Bread Margarine Milk* Orange Juice** Vanilla Crème Cookies 055	Taco Soup Sweet Potatoes Cauliflower Whole Wheat Bread Margarine Milk* Campfire S'mores Bar 037	Chicken & New Orleans Style Rice Four Seasons Vegetable Blend Sweet Potatoes Whole Wheat Bread Margarine Milk* Raisins 043

*Available with or without milk
**Calcium fortified juice
Menu effective October 2021
Case dimensions: 14.25" x 9.25" x 10.6883
Nutritional information at www.traditionsi.com