

## 7 Pk Diet Summer and Fall 2022



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TMS71702U22 (with milk) TMS17060U22 (without milk)	Fried Egg Patties Sweet Potatoes Asparagus Bran Flakes Cereal Milk* Apple Juice** Raisins  074	Honey Mustard Chicken Sweet Potatoes Brussels Sprouts Whole Wheat Bread Margarine Milk* Grape Juice** Graham Crackers  036	Pork Patty & Zesty Orange Rice Green Peas Carrots Cornbread Muffin Margarine Milk* Orange Juice**  031	Pollock w/Spinach Alfredo Sauce Sweet Potatoes Cauliflower Whole Wheat Bread Margarine Milk* Vanilla Crème Cookies  091	Pepperoni Pizza Four Seasons Vegetable Blend Whole Kernel Corn Whole Wheat Bread Margarine Milk* Strawberry Applesauce  012	Chicken & Apricot Rice Carrots Brussels Sprouts Whole Wheat Bread Margarine Milk* Grape Juice** Chocolate Crème Cookies  028	Sausage & Beans Red Skin Potatoes Winter Vegetables Whole Wheat Bread Margarine Milk* Pineapple Cup  048
TMS27102U22 (with milk) TMS27060U22 (without milk)	Bruschetta Chicken Red Skin Potatoes Autumn Blend Whole Wheat Bread Margarine Milk* Campfire S'mores Bar  039	Meatballs with Rice & Gravy Stewed Tomatoes Peas & Carrots Whole Wheat Bread Margarine Milk* Orange Juice** Vanilla Crème Cookies  100	Cheese Omelet & Salsa Broccoli Florets Hash Browns Whole Wheat Bread Margarine Milk* Raisins  071	Salisbury Steak Red Skin Potatoes Mixed Vegetables Cornbread Muffin Margarine Milk* Strawberry Applesauce Graham Crackers  047	Pesto Basil Chicken Lima Beans Three Seasons Vegetable Blend Whole Wheat Bread Margarine Milk* Star Crunch Cookie  083	Mushroom Pork Sweet Potatoes Green Beans Whole Wheat Bread Margarine Milk* Grape Juice** Chocolate Crème Cookies  087	Chicken & Honey Lemon Rice Black Beans & Corn Brussels Sprouts Cornbread Muffin Margarine Milk* Graham Crackers  095
TMS27102U22 (with milk) TMS37060U22 (without milk)	Pollock w/Coconut Curry Rice Three Seasons Vegetable Blend Broccoli Florets Cornbread Muffin Margarine Milk* Apple Juice**  096	Pizzaioia Pork Asparagus Carrots Whole Wheat Bread Margarine Milk* Orange Juice** Star Crunch Cookie  015	Beef Strips w/Orange Rice Corn with Peppers Broccoli Florets Whole Wheat Bread Margarine Milk* Chocolate Crème Cookies  027	Creamy Breaded Chicken Lima Beans Mixed Vegetables Whole Wheat Bread Margarine Milk* Dragon Punch Juice  086	Ginger Pork Red Skin Potatoes Green Pea Blend Whole Wheat Bread Margarine Milk* Tropical Fruit Cup Graham Crackers  097	Homestyle Meatloaf Red Skin Potatoes Winter Vegetables Cornbread Muffin Margarine Milk* Raisins  023	Rosemary Chicken Lima Beans Spring Vegetables Whole Wheat Bread Margarine Milk* Orange Juice** Vanilla Crème Cookies  025
TMS47102U22 (with milk) TMS47060U22 (without milk)	Grilled Chicken over Rice & Gravy Bean Blend Carrots Bran Muffin Margarine Milk* Dragon Punch Juice  080	Beef Patty & Onion Gravy Red Skin Potatoes Broccoli Florets Cornbread Muffin Margarine Milk* Blueberry Lemon Bar  088	Honey Mustard Chicken Tenders Spinach Carrots Cornbread Muffin Margarine Milk* Mixed Fruit Cup  017	Pork Patty & Brown Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk* Apple Juice** Vanilla Crème Cookies  041	Spaghetti & Meatballs Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Milk* Grape Juice** Chocolate Crème Cookies  065	Breaded Pollock Green Pea Blend Carrots Cornbread Muffin Margarine Milk* Orange Juice** Graham Crackers  044	Chipotle Meatloaf Red Skin Potatoes Green Beans Whole Wheat Bread Margarine Milk* Pineapple Cup Star Crunch Cookie  084
TMS57102U22 (with milk) TMS57060U22 (without milk)	Breakfast Scramble Asparagus Hash Browns Bran Flakes Cereal Milk* Raisins  093	Chimichurri Chicken Stewed Tomatoes Black Beans & Corn Whole Wheat Bread Margarine Milk* Star Crunch Cookie  081	Beef Patty Strips & Gravy Spinach Four Seasons Vegetable Blend Cornbread Muffin Margarine Milk* Dragon Punch Juice Campfire S'mores Bar  038	Macaroni & Cheese Stewed Tomatoes Bean Blend Cornbread Muffin Margarine Milk* Applesauce Cup  075	Beef Patty Carrots Brussels Sprouts Whole Wheat Bread Margarine Milk* Grape Juice** Chocolate Crème Cookies  099	Southwestern Chicken Sweet Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk* Raisins  089	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk* Orange Juice**  024

\*Available with or without milk

\*\*Calcium fortified juice

Menu effective July 2022

Case dimensions: 14.25" x9.25" x7"0.6883

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