





Hot Meal

EEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
			Pulled BBQ Beef	Southwest Chicken	Mac & Cheese
			WGR Bun*	Southwest Rice	WGR Pasta*
			Corn	Corn, Diced Tomatoes, Peppers	Green Salad
			Banana	Apple	Apple
			1% Milk	1% Milk/Fat Free Chocolate Milk	1% Milk
4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta Bolognese	Arroz Con Pollo	8	9	10
	(Ground Beef)	(Chicken Thighs)	Philly Cheese Steak (Beef)	Chicken Parmesan Pasta	Italian Chicken & Rice
	WGR Pasta*	Rice *	WGR Bun*	WGR Pasta*	WGR Rice*
	Baby Carrots	Green Beans and Peas in Rice	Peppers & Mushrooms	Green Salad	Spinach, Red Peppers
	Applesauce	Oranges	Banana	Apple	Apple
	1% Milk	1% Milk	1% Milk	1% Milk/Fat Free Chocolate Milk	1% Milk
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-	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	13	14	15	16	
Tu	rkey Sandwich	Jerk Chicken & Salad	Build Your Own Pizza	Chicken Salad Sandwich	Turkey Sub
	WW Bread*	Whole Wheat Roll*	WGR Flatbread*	Whole Grain Bun*	Whole Grain Bun
	Baby Carrots	Green Salad	Sliced Cucumber	Grape Tomatoes	Broccoli
D	iced Peaches	Orange	Banana	Apple	Apple
	1% Milk	1% Milk	1% Milk	1% Milk/Fat Free Chocolate	1% Milk
	**			Milk	
- 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	20	21	22	23	
Chef'	s Signature Salad	Mija's Pîzza Quesadilla	Chicken Salad Deluxe	Roasted Turkey Sub	Buffalo Chicken Quesadilla
Wh	ole Wheat Roll*	Whole Wheat Tortilla*	Whole Wheat Bread*	Whole Wheat Bun*	WW Tortilla*
Romai	ine Salad w/ Chicken	Sliced Cucumbers	Fiesta Corn Salad	Cauli-Power Salad	Baby Carrots
Ma	ndarin Oranges	Pineapple Tidbits	Banana	Apple	Apple
	1% Milk	1% Milk	1% Milk	1% Milk/Fat Free Chocolate Milk	1% Milk
		Tomato Sauce		IVIIIK	
1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	27	28	29	30	1
	-	Family Picnic Pasta Salad	Kickin' Buffalo Chicken Wrap	Roasted Turkey Sandwich	Southwest Salad w Grilled chicken
	Foodlink	WGR Pasta*	wrap WW Tortilla*	WW Bread*	WGR Roll*
	Closed	Cuccumber, tomato, carrots	Baby Carrots	Broccoli Salad	Tomato, Black beans, (
		Apple	Banana	Apple	Apple
		1% Milk	1% Milk	1% Milk/Fat Free Chocolate	1% Milk
		270 101111	270 1711110	Milk	

Foodlink Community Kitchen

nity Kitchen 2011 Mt . Read Blvd., Rochester, NY 14615 585-413-4097
*designates a whole grain rich product USDA is an equal opportunity provider and employer