


August 2022



Monday	Tuesday	Wednesday	Thursday	
1	2	3	4	
8	9	10	11	12
15	16	17	18	19
22	23 AM: Bagel w/ Cream cheese & Water PM: Applesauce & Gram Cracker	24 AM: Vanilla Yogurt w/ Craisins & Water PM: Cheese Quesadilla w/ Water	25 AM: Corn Flakes & Milk PM: Ritz Crackers & Sliced Cheese	26 AM: Whole Grain Pancakes or Waffles w/ Syrup & Water PM: Saltines & Apple Slices
29 AM: Buttered English Muffin w/ Water PM: Goldfish & Craisins w/ Water	30 AM: Rice Krispies Cereal w/ Milk PM: Sliced Cucumber w/ ranch dressing & water			

November 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>☐</p> <p>DWV☐☐☐</p> <p>☐☐☐</p> <p>WDW☐☐☐☐</p> <p>☐☐☐☐</p>	<p>☐</p> <p>DWV☐☐☐</p> <p>WDW☐☐☐</p> <p>☐☐</p>	<p>☐</p> <p>DWV☐☐☐☐</p> <p>☐☐☐☐</p> <p>WDW☐☐☐☐</p> <p>☐☐☐☐</p>	<p>☐</p> <p>DWV☐☐☐</p> <p>☐☐☐☐</p> <p>WDW☐☐☐☐☐☐</p>
<p>☐</p> <p>DWV☐☐☐☐☐☐</p> <p>WDW☐☐☐</p>	<p>☐</p> <p>DWV☐☐☐☐☐</p> <p>☐</p> <p>WDW☐☐☐☐☐☐</p> <p>☐☐</p>	<p>☐</p> <p>AM: Tortilla w/ Cream Cheese & Water</p> <p>PM: Rice Krispies w/ Milk</p>	<p>1☐</p> <p>AM: Cheerios & Milk</p> <p>PM: Sliced Fruit, & Sliced Cheese w/ Water</p>	<p>1☐</p> <p>AM: Bagels & Cream cheese w/ water</p> <p>PM: Rice Cakes & Milk</p>
<p>1☐</p> <p>DWV☐☐☐</p> <p>WDW☐☐☐☐</p>	<p>1☐</p> <p>DWV☐☐☐☐☐☐☐</p> <p>WDW☐☐☐☐☐☐</p> <p>☐</p>	<p>1</p> <p>AM Rice krispies Milk</p> <p>PM Sliced fruit Graham Crackers w/ water</p>	<p>1☐</p> <p>DWV☐☐☐☐</p> <p>WDW☐☐☐☐☐</p> <p>☐☐☐</p>	<p>1</p> <p>AM Bagels Cream cheese w/ water</p> <p>PM Rice Cakes Milk</p>
<p>2☐</p> <p>DWV☐☐☐☐</p> <p>WDW☐☐☐☐☐☐</p>	<p>2☐</p> <p>DWV☐☐☐☐☐</p> <p>☐</p> <p>WDW☐☐☐☐☐</p> <p>☐☐</p>	<p>2☐</p>	<p>Thanksgiving Break Macfeat Closed</p> 	
<p>☐</p> <p>DWV☐☐☐☐☐☐☐☐</p> <p>☐☐☐</p> <p>WDW☐☐☐☐☐☐</p> <p>☐☐☐</p>	<p>☐</p> <p>DWV☐☐☐☐</p> <p>☐☐☐</p> <p>WDW☐☐☐☐☐☐☐☐</p> <p>☐☐☐☐</p>	<p>☐</p> <p>DWV☐☐☐☐</p> <p>☐☐☐</p> <p>WDW☐☐☐☐☐</p> <p>☐☐</p>		

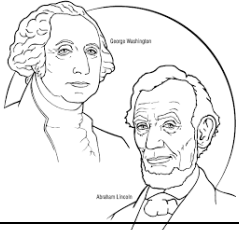
December 2021



Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM: Vanilla Yogurt & Sliced Fruit w/ water PM: Fig Newtons & Milk	2 AM: Muffins & Milk PM: Ritz Crackers & Applesauce w/ water
5 AM: Corn Flakes & Milk PM: Cheez its & Apple Juice	6 AM: Toast w/ Grape Jelly & water PM: Applesauce and Pretzels w/ water	7 AM: Tortilla w/ Cream Cheese & Water PM: Rice Krispies w/ Milk	8 AM: Cheerios & Milk PM: Sliced Fruit, & Sliced Cheese w/ Water	9 AM: Bagels & Cream cheese w/ water PM: Rice Cakes & Milk
13	14	15	16	17
----- Winter Break – Macfeat Closed -----				
20	21	22	23	24
----- Winter Break – Macfeat Closed -----				
27	28	28	30	31
----- Winter Break – Macfeat Closed -----				

All lunches served w/milk.
 *Indicates Vegetarian Option

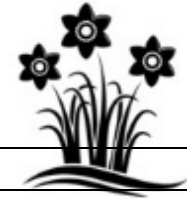
February 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	1 *Cheese Stuffed Shells w/Sauce Salad w/Dressing Garlic Toast Pineapple Chunks	2 Grilled Chicken Breast Mashed Potatoes Cooked Carrots Wheat Roll Mandarin Oranges *Broccoli Quiche	3 Beef Tips Buttered Wheat Noodles Broccoli and Cauliflower Peach Slices * Pimento Cheese on Wheat	4 Hamburger on Wheat Bun Tater Tots Corn Cobbettes Pear Halves *Veggie Burger
7 Turkey and Cheese Sandwich Lettuce Tomato Bananas *Bean and Cheese Wheat Burrito	8 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes Applesauce *Veggie Egg Roll	9 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	10 Crispy Baked Chicken Breast Scalloped Potatoes Cucumbers w/Dip Whole Grain Roll Mandarin Oranges *Rice & Bean Wheat Burrito	11 *Cheese Pizza Salad w/Dressing Pear Halves
14 Grilled Chicken Breast (BBQ on Side) Cooked Carrots Corn Bread Muffins Apples *Vegetable Nuggets	16 Turkey Meat Loaf Mashed Potatoes Green Beans Peach Slices *Vegetable Meat Loaf	17 *Cheese Ravioli w/Sauce Salad w/Dressing Whole Grain Garlic Bread Bananas	18 Chicken and Cheese Wheat Quesadilla w/salsa Cauliflower w/Dip Pineapple Chunks *Cheese Wheat Quesadilla w/salsa	19 *Grilled Cheese on Wheat Tomato Soup Celery w/Dip Apples
21 Corn Shell Tacos w/Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Pear Halves *Vegetable Egg Roll	22 Wheat Spaghetti & Meatballs w/Marinara Sauce Salad w/dressing Bananas *Jackfruit Stir Fry	23 Sliced Turkey Macaroni & Cheese Buttered Peas Pineapple Chunks *Hummus & Wheat Pita Bread	24 *Baked Potato Bar Cubed Ham Cooked Broccoli Shredded Cheese Mandarin Oranges	25 Chicken and Rice Steamed Broccoli Oranges *Chick "n" & Rice
28 Fried Chicken Tenders Tater Tots Cucumbers w/Dip Peach Slices *Red Beans and Rice				

All lunches served w/milk.
 *Indicates Vegetarian Option

March 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ham and Cheese Sandwich on Wheat Cooked Carrots Bananas *Cheese Sandwich on Wheat	2 Sliced Roast Beef Roasted Red Potatoes Green Beans Applesauce *Veggie Burger	3 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Fruit Cocktail *Vegetable Nuggets	4 Baked Fish Sticks French Fries Broccoli w/Dip Oranges *Fried Cheese Triangles
7 Sliced Pork Roast Loin Brown Rice Green Beans Apples *Hummus and Wheat Pita Bread	8 *Cheese Stuffed Shells w/Sauce Salad w/Dressing Garlic Toast Pineapple Chunks	9 Grilled Chicken Breast Mashed Potatoes Cooked Carrots Wheat Roll Mandarin Oranges *Broccoli Quiche	10 Beef Tips Buttered Wheat Noodles Broccoli Peach Slices *Pimento Cheese on Wheat	11 Hamburger on Wheat Bun Tater Tots Corn Cobettes Pear Halves *Veggie Burger
15 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	16 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes Applesauce *Veggie Egg Roll	17 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	18 Crispy Baked Chicken Breast Scalloped Potatoes Cucumbers w/Dip Whole Grain Roll Mandarin Oranges *Rice & Bean Wheat Burrito	19 *Cheese Pizza Salad w/Dressing Pear Halves
22 Grilled Chicken Breast (BBQ on Side) Cooked Carrots Corn Bread Muffin Apples *Vegetable Nuggets	23 Turkey Meat Loaf Mashed Potatoes Green Beans Peach Slices *Veggie Burger	24 *Cheese Ravioli w/Sauce Salad w/Dressing Whole Grain Garlic Bread Bananas	25 *Baked Potato Bar Cubed Ham Cooked Broccoli Shredded Cheese Mandarin Oranges	26 *Grilled Cheese on Wheat Tomato Soup Cucumbers w/Dip Apples
28 Chicken and Cheese Wheat Quesadilla w/salsa Broccoli w/Dip Pineapple Chunks *Cheese Wheat Quesadilla w/salsa	29 Wheat Spaghetti & Meatballs w/Marinara Sauce Salad w/dressing Bananas *Jackfruit Stir Fry	30 Sliced Turkey Macaroni & Cheese Buttered Peas Pineapple Chunks *Hummus & Wheat Pita Bread	31 Corn Shell Tacos w/Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Pear Halves *Vegetable Egg Roll	

All lunches served w/milk.
 *Indicates Vegetarian Option

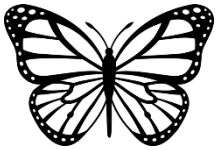
April 2022




Monday	Tuesday	Wednesday	Thursday	Friday
	Sliced Turkey Brown Rice and Gravy *Humms & Wheat Pita Bread	Buttered Peas Pineapple Chunks		1 Fried Chicken Tenders Tater Tots Cucumbers w/Dip Peach Slices *Red Beans and Rice
4 Ham and Cheese Sandwich on Wheat Cooked Carrots Bananas *Cheese Sandwich on Wheat	5 Sliced Roast Beef Roasted Red Potatoes Green Beans Applesauce *Vegetable Burger	6 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Fruit Cocktail *Vegetable Nuggets	7 Baked Fish Sticks French Fries Broccoli w/Dip Oranges *Fried Cheese Triangles	8 Sliced Pork Roast Loin Brown Rice Green Beans Apples *Hummus and Wheat Pita Bread
11	12	13	14	15
-----MACFEAT SPRING BREAK-----				
19 Corn Shell Tacos w/Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Pear Halves *Vegetable Egg Roll	20 *Cheese Stuffed Shells w/Sauce Salad w/Dressing Garlic Toast Pineapple Chunks	21 Grilled Chicken Breast Mashed Potatoes Cooked Carrots Wheat Roll Mandarin Oranges *Broccoli Quiche	22 Beef Tips Buttered Wheat Noodles Broccoli Peach Slices *Pimento Cheese on Wheat	23 Hamburger on Wheat Bun Tater Tots Corn Cobbettes Pear Halves *Veggie Burger
25 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	26 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes Applesauce *Veggie Egg Roll	27 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	28 Crispy Baked Chicken Breast Scalloped Potatoes Cucumbers w/Dip Whole Grain Roll Mandarin Oranges *Rice & Bean Wheat Burrito	29 *Cheese Pizza Salad w/Dressing Pear Halves

All lunches served w/milk.
 *Indicates Vegetarian Option

May 2022



Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Chicken Breast (BBQ on side) Cooked Carrots Corn Bread Muffins Apples *Vegetable Nuggets	3 Turkey Meat Loaf Mashed Potatoes Green Beans Peach Slices *Vegetable Meat Loaf	4 *Cheese Ravioli w/Sauce Salad w/Dressing Whole Grain Garlic Bread Bananas	5 Baked Fish Sticks French Fries Broccoli w/Dip Oranges *Fried Cheese Triangles	6 Sloppy Joes on Wheat Bun Steamed Broccoli Oranges *Vegetable Sloppy Joes
9 Corn Shell Tacos w/Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Pear Halves *Vegetable Egg Roll	10 Wheat Spaghetti & Meatballs w/Marinara Sauce Salad w/dressing Bananas *Soy Meatballs w/Marinara Sauce	11 Sliced Turkey Brown Rice Buttered Peas Pineapple Chunks *Hummus & Wheat Pita Bread	12 *Baked Potato Bar Cubed Ham Cooked Broccoli Shredded Cheese Mandarin Oranges	13 *Grilled Cheese on Wheat Tomato Soup Celery w/Dip Apples
16 Fried Chicken Tenders Tater Tots Cucumbers w/Dip Peach Slices *Red Beans and Rice	17 Ham and Cheese Sandwich on Wheat Cooked Carrots Bananas *Cheese Sandwich on Wheat	18 Sliced Roast Beef Roasted Red Potatoes Green Beans Applesauce *Vegetable Meat Loaf	19 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Fruit Cocktail *Vegetable Nuggets	20 *Cheese Pizza Salad w/Dressing Pear Halves
23 	24	25	26	27
30				

