



## Local Food Cycle Menu – Spring

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>M/MA:</b>	Corn Dogs	Beef stroganoff	🍴 <a href="#">Chicken Enchilada</a>	🍴 <a href="#">Meatball sub</a>	Grilled cheese
<b>Grain:</b>	WG pretzel bites & corn dog breading	🍴 WG roll & pasta	WG breadstick	WG bun	WG bread
<b>Fruit:</b>	Fruit cup	Peaches	Banana	Apple slices	Pineapple
<b>Veg:</b>	Baked beans & corn	Broccoli	🍴 Lettuce, tomato, red pepper, black beans	Potato wedges	Tomato soup & baby carrots

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>M/MA:</b>	Orange chicken	Walking taco (🍴 beef)	🍴 Ham & cheese sub	🍴 Chicken fajita	Tuna Noodles
<b>Grain:</b>	WG rice	WG tortilla chips	WG bun	WG tortilla & cilantro lime rice	🍴 WG roll & noodles
<b>Fruit:</b>	Mandarin oranges	Raisins	Pears	Fruit cocktail	Applesauce

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>M/MA:</b>	Beef dippers	🍴 Meat lasagna	🍴 <a href="#">Gourmet Crispito</a>	Tuscan smoked 🍴 turkey and 🍴 bean soup	Cheese Pizza
<b>Grain:</b>	WG pasta salad	WG breadstick	WG tortilla	🍴 Corn bread	WG pizza crust
<b>Fruit:</b>	Banana	Grapes	Orange	Apples	Peaches
<b>Veg:</b>	3 bean salad & roasted red tomatoes	Roasted tomatoes	🍴 Romaine, tomatoes	🍴 Kale salad w/ roasted beets	🍴 Lettuce salad



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>M/MA:</b>	Pork tenderloin sandwich	👤 Turkey & cheese wrap	Sloppy joe (👤 beef)	👤 <a href="#">Easy Breakfast Bake</a>	Pasta Primavera
<b>Grain:</b>	WG bun	WG tortilla	WG bun	WG biscuit	WG pasta
<b>Fruit:</b>	Apple	Strawberries	Pears	Cantaloupe	Fruit cocktail

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>M/MA:</b>	Chicken nuggets	Taco salad (👤 beef)	👤 Hamburger	👤 Chicken penne (alfredo)	👤 <a href="#">Veggie Chicken Bowl</a>
<b>Grain:</b>	WG roll	WG tortilla bowl	👤 WG bun	WG pasta	WG rice
<b>Fruit:</b>	Pineapple	Peaches	Applesauce	Grapes	Orange
<b>Veg:</b>	Carrot sticks	👤 Spicy kidney beans, lettuce, tomato	Baked beans & coleslaw	Roasted broccoli	Carrots, snow peas, zucchini, bok choy, red pepper