



Local Food Cycle Menu – Winter

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
M/MA:	👉 Vegetable beef stew w/lentils	Chicken sandwich	👉 Roast pork	Spaghetti & 👉 meat sauce	Chicken Quesadilla
Grain:	WG biscuit	👉 WG bun	WG dinner roll	👉 WG breadstick	WG tortilla
Fruit:	Pears	Fruit cocktail	👉 Baked apples	Peaches	Clementine
Veg:	👉 Romaine salad	👉 Corn	Mashed sweet potatoes	Stuffed zucchini boat	👉 Spiced black beans

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
M/MA:	Popcorn chicken	👉 Ham & potato soup	👉 Meatloaf	👉 Tostada	Pizza crunchers
Grain:	WG pretzel roll	WG toasted pita points	👉 WG dinner roll	WG tortilla	WG pizza crust
Fruit:	Fruit cup	👉 Apple	Banana	Tropical fruit mix	Frozen fruit juice
Veg:	👉 Buffalo cauliflower & kale chips	Carrots & celery w/hummus	👉 Mashed potatoes & roasted squash	Black bean salad	Romaine Salad

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
M/MA:	Fish sticks	Teriyaki Chicken	Chili w/navy beans	👉 Hamburger	👉 Turkey wrap
Grain:	👉 WG roll	WG rice	👉 Cinnamon roll or cornbread	👉 WG bun	WG tortilla
Fruit:	Pears	Grapes	👉 Apple slices	Peaches	Pineapple
Veg:	👉 Sweet potato fries	Roasted broccoli	Fresh broccoli w/ranch	Baked beans	Vegetable soup



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
M/MA:	Chicken tenders	👉 Chicken noodle soup	Soft shell taco	Chicken Lo Mein	Sausage links & eggs
Grain:	WG mac & cheese	WG noodles & red bean bread	WG tortilla & Spanish rice	WG noodles	WG pancake & Grits
Fruit:	Kiwis	👉 Apple	Grapes	Mandarin oranges	100% juice & banana
Veg:	Zucchini fries	Baby carrots	Refried beans	Steamed broccoli	Sautéed spinach

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
M/MA:	Hot dog	Chicken Veggie Bowl	Chicken fried steak	Swedish Meatballs	Grilled cheese
Grain:	👉 WG bun	WG rice	WG roll	WG rice	WG bread
Fruit:	Peaches	👉 Applesauce	Clementine	Grapes	Pineapple
Veg:	👉 Potato wedges, 3 bean salad	Carrot, zucchini, bok choy, snow peas, etc.	Collard greens	👉 Mashed potatoes & peas	Tomato Soup and carrot sticks