



NUTRITIONIZED LESSON PLAN

GREAT FOOD
WITH EDUCATION

All Items Are Trans Fat Free

Phone (847) 356-7513 ~ Fax (847) 356-8014

www.qualitycateringforkids.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(closed 1/2) 1/30 2/27 3/26	1/3 1/31 2/28 3/27	1/4 2/1 2/29 3/28	1/5 2/2 3/1 3/29	1/6 2/3 3/2 3/30
Salami & Cheese on Wheat Bread Celery Sticks Fresh Fruit Pretzel Twists Mayo	Chicken Patty Mashed Potatoes HV: Green Beans Fresh Apple	Swedish Meatballs Steamed Rice 3 Way Blend Banana Whole Grain Wheat Bread	Chicken Alfredo Rotini Pasta HV: Peas & Carrots Cinnamon Applesauce Wheat Bread	Macaroni & Cheese Capri Blend Mandarin Oranges
1/9 2/6 3/5	1/10 2/7 3/6	1/11 2/8 3/7	1/12 2/9 3/8	1/13 2/10 3/9
Chicken Nugget Ketchup Cheesy Mashed Potatoes Peas Tropical Fruit	Waffles & Syrup with Turkey Ham & Cheese Diced Parsley Potatoes HV: Broccoli Cranberry Applesauce	Turkey Taco Shredded Cheddar Cheese Shredded Lettuce Oregon Blend Fresh Orange Soft Flour Tortilla	Meatballs in Tomato Gravy Mashed Sweet Potatoes Italian Blend Banana Wheat Bread	Chicken Stroganoff Steamed Rice HV: Quality Catering Blend Cinnamon Sliced Apples
1/16 2/13 3/12	1/17 2/14 3/13	1/18 2/15 3/14	1/19 2/16 3/15	1/20 2/17 3/16
Meatball Sandwich with Aujus Steamed Rice Capri Blend Pineapple Chunks Mini Wheat Hamburger Bun	Turkey Ham & Cheese Wrap Shredded Lettuce Mustard Corn Fresh Fruit Soft Flour Tortilla	Turkey & Cheese on Wheat Bread Zucchini Slices Fresh Fruit Pretzel Twists Mayo	Beef Taco Shredded Cheddar Cheese Shredded Lettuce 3 Way Blend Fresh Orange Soft Flour Tortilla	Cheesy Meatballs Diced Parsley Potatoes HV: Oregon Blend Tropical Fruit Wheat Dinner Roll
1/23 2/20 3/19	1/24 2/21 3/20	1/25 2/22 3/21	1/26 2/23 3/22	1/27 2/24 3/23
Meatballs in Au Jus Mashed Potatoes Green Beans Applesauce Wheat Bread	Penne Pasta & Meat Sauce HV: Winter Blend Sliced Pears Rye Bread	Macaroni & Cheese Peas & Carrots Tropical Fruit	Walking Taco Shredded Cheddar Cheese Shredded Lettuce Steamed Rice Capri Blend Fresh Fruit Corn Chips / Foam Bowl	Chicken Tenders Ranch Dip HV: Quality Catering Blend Sliced Peaches

January, February, March 2012 menus provided by Quality Catering approved by Nancy J. Lambert, DTR

~Nutrition & ingredient information regarding these entrees are available on our website.

Note: Fresh fruit and vegetables subject to occasional change based on availability and quality.

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Substitution Choice

Lunch Bag