

COOKS CULINARY MANAGEMENT

Monthly Menu Calendar

February 28 - March 25

	Monday 2/28	Tuesday 3/1	Wednesday 3/2	Thursday 3/3	Friday 3/4
LUNCH					
Meat/Meat Alternate	2 oz. General Tso's Chicken	2 oz. Turkey BBQ Meatballs	2 oz. Chicken Nuggets (CN)	2 oz. Cheddar Cheese	2 oz. Turkey and Cheese
Whole Grain/Grain Alternate	4 oz. Rice	WG Crackers	1 oz. Grain	4 oz. Macaroni Noodles	1 oz. Sliced Bread
Vegetable or Fruit	Whole Apple	Whole Orange	8 oz. 100% Vegetable Juice	Whole Banana	Whole Apple
Vegetable	4 oz. Baby Carrots	4 oz. Mashed Potatoes	4 oz. Tater Tots	4 oz. Tossed Salad	4 oz. Baby Carrots
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<i>* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.</i>					

	Monday 3/7	Tuesday 3/8	Wednesday 3/9	Thursday 3/10	Friday 3/11
LUNCH					
Meat/Meat Alternate	2 oz Popcorn Chicken (CN)	2 oz. Turkey and Cheese	2 oz. Chicken Nuggets (CN)	4 oz. Turkaroni	Chicken (2 oz) Fried Rice
Whole Grain/Grain Alternate	1 oz. Grain	1 oz. Sliced Bread	1 oz. Grain	(2 oz. ground turkey, 1 oz noodles)	4 oz. Rice
Vegetable or Fruit	Whole Orange	Whole Apple	8 oz. 100% Vegetable Juice	Whole Orange	Whole Apple
Vegetable	4 oz. Mixed Vegetables	4 oz. Baby Carrots	4 oz. Tater Tots	8 oz. 100% Vegetable Juice	4 oz. Peas and Carrots
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<i>* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.</i>					

	Monday 3/14	Tuesday 3/15	Wednesday 3/16	Thursday 3/17	Friday 3/18
LUNCH					
Meat/Meat Alternate	2 oz. General Tso's Chicken	2 oz. Turkey BBQ Meatballs	2 oz. Chicken Nuggets (CN)	2 oz. Cheddar Cheese	2 oz. Turkey and Cheese
Whole Grain/Grain Alternate	4 oz. Rice	WG Crackers	1 oz. Grain	4 oz. Macaroni Noodles	1 oz. Sliced Bread
Vegetable or Fruit	Whole Apple	Whole Orange	8 oz. 100% Vegetable Juice	Whole Banana	Whole Apple
Vegetable	4 oz. Baby Carrots	4 oz. Mashed Potatoes	4 oz. Tater Tots	4 oz. Tossed Salad	4 oz. Baby Carrots
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain

	Monday 3/21	Tuesday 3/22	Wednesday 3/23	Thursday 3/24	Friday 3/25
LUNCH					
Meat/Meat Alternate	2 oz Popcorn Chicken (CN)	2 oz. Turkey and Cheese	2 oz. Chicken Nuggets (CN)	4 oz. Turkaroni	Chicken (2 oz) Fried Rice
Whole Grain/Grain Alternate	1 oz. Grain	1 oz. Sliced Bread	1 oz. Grain	(2 oz. ground turkey, 1 oz noodles)	4 oz. Rice
Vegetable or Fruit	Whole Orange	Whole Apple	8 oz. 100% Vegetable Juice	Whole Orange	Whole Apple
Vegetable	4 oz. Mixed Vegetables	4 oz. Baby Carrots	4 oz. Tater Tots	8 oz. 100% Vegetable Juice	4 oz. Peas and Carrots
Fluid Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk	* 8 oz. Milk
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<i>* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.</i>					

When "Grain" is listed, a CN labeled product has been used to provide the required grain component of the meal.

CN labels are kept on file and can be provided to you upon request. To submit a request, please visit www.cooksculinary.com and visit our support page.

We value your feedback! Please scan the QR code to provide any and all feedback or suggestions for meals.



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