



ROADRUNNER FOODS

www.RoadrunnerFoodService.com

MON: A.M. Cheerios / P.M. Apple Slices

THURS: A.M. Apple Sauce / P.M. Cheese Sticks

TUES: A.M. Vanilla Pudding / P.M. Sliced Oranges

FRI: A.M. Sugar-Free Yogurt / P.M. Vanilla Wafers

WED: A.M. Bananas / P.M. Veggie Sticks (Graham Crackers 3-20M)

Monday

*Oven Roasted Chicken Wrap w/ Lettuce, Tomatoes, Cheese & Ranch
*Italian Pasta Salad
*Seasonal Fresh Fruit

2

V: VEGGIE WRAP

Tuesday

* Grilled Cheese
*Green Beans
*Seasonal Fresh Fruit

3

V: CHEESY BROCCOLI RICE CASSEROLE w/ WHEAT ROLL

Wednesday

*Sloppy Joe on Wheat Bun
*Sweet Potato Fries
*Seasonal Fresh Fruit

4

V: VEGETARIAN SLOPPY JOE

Thursday

*Oven Baked Chicken Tenders
*Scalloped Potatoes
*Seasonal Fresh Fruit

5

V: VEGGIE NUGGETS

Friday

*Oven Baked Cheese Pizza
*Sweet Corn
*Seasonal Fresh Fruit

6

Breakfast for Lunch!
*Pancakes
*Potatoes O'Brien
*Seasonal Fresh Fruit

9

*BBQ Baked Chicken Breast
*Mixed Veggies
*Seasonal Fresh Fruit

10

*Ground Beef Soft Taco w/ Cheese
*Spanish Rice
*Seasonal Fresh Fruit

11

V: BEAN & CHEESE TACO

*Oven Baked Chicken Tenders
*Broccoli & Cheese Rice
*Seasonal Fresh Fruit

12

V: VEGGIE NUGGETS

*Oven Baked Cheese Pizza
*Cucumber Tomato Salad
*Seasonal Fresh Fruit

13

*Grilled Turkey & Cheese Sandwich
*Roasted Red Potatoes
*Seasonal Fresh Fruit

16

V: GRILLED CHEESE

*Chicken Fried Rice
*Garlic Wheat Roll
*Seasonal Fresh Fruit

17

V: VEGETARIAN 'CHICKEN' FRIED RICE

*Penne Pasta with Beef Meat sauce & Parmesan Cheese
*Buttered Sweet Peas
*Seasonal Fresh Fruit

18

V: PENNE PASTA W/ MARINARA

*Oven Baked Chicken Tenders
*Green Beans
*Seasonal Fresh Fruit

19

V: VEGGIE NUGGETS

*Oven Baked Cheese Pizza
*Mixed Veggies
*Seasonal Fresh Fruit

20

*Chicken, Spinach & Cheese Quesadillas
*Spanish Rice
*Seasonal Fresh Fruit

23

V: SPINACH & CHEESE QUESADILLA

*Cheeseburger on Wheat Bun
*Sweet Potato Fries
*Seasonal Fresh Fruit

24

V: BLACK BEAN BURGER

*Baked Chicken Breast
*Stuffing
*Seasonal Fresh Fruit

25

V: CHEESY BROCCOLI RICE CASSEROLE w/ WHEAT ROLL

*Oven Baked Chicken Tenders
*Rice & Carrots w/ Brown Gravy on Side
*Seasonal Fresh Fruit

26

V: VEGGIE NUGGETS

*Oven Baked Cheese Pizza
*Italian Pasta Salad w/ Celery, Diced Tomatoes, & Parmesan Cheese
*Seasonal Fresh Fruit

27

30

*Chicken Alfredo over Penne Pasta
*Garlic Wheat Roll
*Seasonal Fresh Fruit

V: PENNE PASTA W/ALFREDO SAUCE & VEGGIE CHICKEN

