## Jeremiah Program

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
|  |  | ***Alternative meals available*** | Chicken Strips DF Mac \& Cheese V Green Beans GF DF V Fruit GF DF V | Baked Chicken GF DF V Quinoa GF DF V Veggies GF DF V Fruit |
| Beef Chili GF DF Green Beans GF DF V Cornbread V Fruit GF DF V | Bean \& Cheese Quesadilla V <br> Corn GF DF V <br> Rice GF DF V <br> Fruit GF DF V | Spaghetti \& Meatballs DF <br> Veggies GF DF V Fruit GF DF V | BBQ Chicken GF DF Potato Salad GF V Zucchini \& Squash GF DF V Fruit GF DF V | PIZZA DAY! <br> Veggies Gf $\operatorname{DF}$ V <br> Fruit |
| Chicken \& Rice GF <br> Peas \& Carrots GF DF V Fruit | Turkey Tacos DF <br> Cauliflower Rice GF DF V <br> Black Beans GF DF V Fruit | Fish Sticks DF <br> Mac \& Cheese V <br> Broccoli GF DF V Fruit | Tomato Soup GF DF V <br> Grilled Cheese V <br> Veggies GF DF V Fruit | PIZZA DAY! <br> Veggies Gf $\operatorname{DF}$ V <br> Fruit |
| Turkey Tetrazzini <br> Green Beans GF DF V <br> Fruit Gf dF V | Beef Tacos DF Green Rice GF DF V Corn GF DF V Fruit GF DF V | Pasta w/basil, tomato. mozzarella v <br> 3 Bean Salad GF DF V Fruit GF DF V | Chicken Noodle Soup DF Ham \& Cheese Sandwich Veggies Fruit | PIZZA DAY! <br> Veggies Gf dF V <br> Fruit |
| Beef Lasagna Peas \& Carrots GF DF V Fruit GF DF V | Chicken Soft Taco DF Black Beans GF DF V Zucchini \& Squash GF DF V Fruit GF DF V | Turkey Alfredo Peas GF DF V Fruit GF DF V | King Ranch Casserole GF Green Beans GF DF V Fruit | PIZZA DAY! <br> Veggies Gf $\operatorname{DF}$ V <br> Fruit |

