



Nutritionized PS - K8

July~August~September 2023

www.choosedelicious.com



MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
7/3	7/31	8/28	9/25	7/4 (4 th of July)	8/1	8/29	9/26	7/5	8/2	8/30	9/27	7/6	8/3	8/31	9/28	7/7	8/4	9/1	9/29
Delicious-Made Cheesy Baked Beef Mostaccioli Corn Apple WG Delicious-Made Dinner Roll*				Diced Chicken & Country Gravy Mashed Potatoes Broccoli Banana WG Delicious-Made Bread*				Delicious-Made Macaroni & Cheese HV: Green Peas CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Dinner Roll*				Beef Nachos Shredded Cheddar Cheese Sour Cream Spanish Rice Diced Carrots Pear WG Corn Tortilla Chips*				Delicious-Made Cheesy Chicken & Rice HV: Brussel Sprouts CV: Cucumber Slices Delicious-Made Ranch Dressing Diced Fresh Fruit WG Delicious-Made Dinner Roll*			
7/10 8/7 9/4 (Labor Day)				7/11 8/8 9/5				7/12 8/9 9/6				7/13 8/10 9/7				7/14 8/11 9/8			
Turkey A La King Steamed Rice Diced Carrots Apple WG Delicious-Made Dinner Roll*				Beef Taco Shredded Cheddar Cheese Spanish Black Beans Broccoli Banana WG Soft Flour Tortilla*				Delicious-Made Macaroni & Cheese HV: Roasted Vegetables CV: Cucumber Slices Delicious-Made Ranch Dressing Orange WG Delicious-Made Bread*				Delicious-Made Chicken Fried Rice Green Beans Pear WG Delicious-Made Dinner Roll*				Delicious-Made Italian Beef Meatballs in Marinara Sauce Spaghetti Noodles HV: Cauliflower CV: Southwest Bean Salad Diced Fresh Fruit WG Delicious-Made Bread*			
7/17 8/14 9/11				7/18 8/15 9/12				7/19 8/16 9/13				7/20 8/17 9/14				7/21 8/18 9/15			
Delicious-Made Macaroni & Cheese Carrot Mash Apple WG Delicious-Made Dinner Roll*				Delicious-Made Italian Chicken Oven Browned Potatoes Green Peas Banana WG Delicious-Made Bread*				Delicious-Made Beefy Meat Sauce Rotini Pasta HV: Broccoli CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Dinner Roll*				New! Potato Chicken Taco Shredded Cheddar Cheese Refried Beans Diced Carrots Pear WG Soft Flour Tortilla*				WG Cheese Ravioli* in Delicious-Made Marinara Sauce HV: Green Beans CV: Cucumber Slices Delicious-Made Ranch Dressing Diced Fresh Fruit WG Delicious-Made Bread*			
7/24 8/21 9/18				7/25 8/22 9/19				7/26 8/23 9/20				7/27 8/24 9/21				7/28 8/25 9/22			
Turkey Chili Steamed Rice Green peas Apple WG Delicious-Made Combread*				Delicious-Made Cheeseburger Casserole Broccoli Banana WG Delicious-Made Bread*				Delicious-Made Chicken Teriyaki Meatballs Steamed Rice HV: Cauliflower CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Dinner Roll*				Beef Sloppy Joes Baked French Fries Sautéed Cabbage Pear WG Delicious-Made Bun*				Delicious-Made Macaroni & Cheese HV: Roasted Green Beans CV: Southwest Bean Salad Diced Fresh Fruit WG Delicious-Made Bread*			

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.

Menus are subject to change.

(*) Item is WHOLE GRAIN.

**ENTRÉES ARE DELICIOUS MADE (made from scratch)



SUBSTITUTION PS - K8

July~August~September 2023

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MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
7/3	7/31	8/28	9/25	7/4 (4 th of July)	8/1	8/29	9/26	7/5	8/2	8/30	9/27	7/6	8/3	8/31	9/28	7/7	8/4	9/1	9/29
Chicken Lo Mein WG Corn* Apple WG Delicious-Made Roll*				Cheese Quesadilla on Soft WG Flour Tortilla* Steamed Rice Broccoli Banana				Salisbury Steak Mashed Potatoes HV: Green Peas CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Dinner Roll*				WG Mini Chicken Corndog* Delicious-Made Ketchup Spanish Rice Diced Carrots Pear				Delicious-Made WG Beef Pepperoni & Cheese Pizza* HV: Brussel Sprouts CV: Cucumber Slices Delicious-Made Ranch Dressing Diced Fresh Fruit			
7/10 8/7 9/4 (Labor Day)				7/11 8/8 9/5				7/12 8/9 9/6				7/13 8/10 9/7				7/14 8/11 9/8			
Delicious-Made Macaroni & Cheese Diced Carrots Apple WG Delicious-Made Dinner Roll*				New! Chicken Tender Wrap Shredded Cheddar Cheese Spanish Black Beans Broccoli Banana WG Tortilla*				Beef Chili Steamed Rice HV: Roasted Vegetables CV: Cucumber Slices Delicious-Made Ranch Dressing Orange WG Delicious-Made Bread*				Delicious-Made Chicken Sausage Delicious-Made WG Pancakes* Delicious-Made Honey Syrup Baked Sliced Potatoes Pear				WG Delicious-Made Cheese Pizza* HV: Cauliflower CV: Southwest Bean Salad Diced Fresh Fruit			
7/17 8/14 9/11				7/18 8/15 9/12				7/19 8/16 9/13				7/20 8/17 9/14				7/21 8/18 9/15			
Delicious-Made BBQ Beef Meatballs Steamed Rice Carrot Mash Apple WG Delicious-Made Roll*				Turkey Ham & Cheese Egg Frittata Delicious-Made WG French Toast* Delicious-Made Honey Syrup Oven Browned Potatoes Banana				Chicken Cheese Steak Sandwich Mozzarella Cheese HV: Broccoli CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Sub Bread*				Cheesy Turkey Ham and Potato Casserole Diced Carrots Pear WG Delicious-Made Dinner Roll*				Delicious-Made Pulled BBQ Chicken Rainbow Potatoes HV: Green Beans CV: Cucumber Slices Delicious-Made Ranch Dressing Diced Fresh Fruit WG Delicious-Made Bun*			
7/24 8/21 9/18				7/25 8/22 9/19				7/26 8/23 9/20				7/27 8/24 9/21				7/28 8/25 9/22			
WG Chicken Nuggets* Steamed Rice Green Peas Apple WG Delicious-Made Cornbread*				Turkey Hot Dog Delicious-Made Ketchup BBQ Baked Beans Broccoli Banana WG Delicious-Made Hot Dog Bun*				Beef Meatloaf in Gravy Mashed Potatoes HV: Cauliflower CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Dinner Roll*				Cheesy Chicken & Rice Sauteed Cabbage Pear WG Delicious-Made Dinner Roll*				Hoagie Sandwich: Turkey Salami & Swiss Cheese on WG Delicious-Made Sub Bread* Baked Sweet Potato Fries HV: Roasted Green Beans CV: Southwest Bean Salad Diced Fresh Fruit			

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.
 Menus are subject to change.
 (*) Item is WHOLE GRAIN.

**ENTRÉES ARE DELICIOUS MADE (made from scratch)



Nutritionized Vegetarian

July~August~September 2023

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WG MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
7/3	7/31	8/28	9/25	7/4 (4 th of July)	8/1	8/29	9/26	7/5	8/2	8/30	9/27	7/6	8/3	8/31	9/28	7/7	8/4	9/1	9/29
Vegetarian Baked Mostaccioli Corn Apple WG Delicious-Made Roll*				Cheese Quesadilla on WG Soft Flour Tortilla* Steamed Rice Broccoli Banana				Delicious-Made Macaroni & Cheese HV: Green Peas CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Dinner Roll*				Bean & Cheese Nachos Shredded Cheddar Cheese Sour Cream Spanish Rice Diced Carrots Pear WG Corn Tortilla Chips*				WG Delicious-Made Cheese Pizza* HV: Brussel Sprouts CV: Cucumber Slices Delicious-Made Ranch Dressing Diced Fresh Fruit			
7/10	8/7	9/4 (Labor Day)		7/11	8/8	9/5		7/12	8/9	9/6		7/13	8/10	9/7		7/14	8/11	9/8	
Delicious-Made Macaroni & Cheese Diced Carrots Apple WG Delicious-Made Dinner Roll*				Bean & Cheese Tacos Shredded Cheddar Cheese Spanish Black Beans Broccoli Banana WG Soft Flour Tortilla*				Delicious-Made Macaroni & Cheese HV: Roasted Vegetables CV: Cucumber Slices Delicious-Made Ranch Dressing Orange WG Delicious-Made Bread*				Delicious-Made Scrambled Eggs Delicious-Made WG Pancakes* Delicious-Made Honey Syrup Baked Sliced Potatoes Pear				WG Delicious-Made Cheese Pizza* HV: Cauliflower CV: Southwest Bean Salad Diced Fresh Fruit			
7/17	8/14	9/11		7/18	8/15	9/12		7/19	8/16	9/13		7/20	8/17	9/14		7/21	8/18	9/15	
Delicious-Made Macaroni & Cheese Carrot Mash Apple WG Delicious-Made Roll*				Egg and Cheese Frittata Delicious-Made WG French Toast* Oven Browned Potatoes Banana				Rotini Pasta & "Meat" Sauce HV: Broccoli CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange WG Delicious-Made Dinner Roll*				Bean & Cheese Taco Shredded Cheddar Cheese Refried Beans Diced Carrots Pear WG Soft Flour Tortilla*				WG Cheese Ravioli* in Delicious- Made Marinara Sauce HV: Green Beans CV: Cucumber Slices Delicious-Made Ranch Dressing Diced Fresh Fruit WG Delicious-Made Bread*			
7/24	8/21	9/18		7/25	8/22	9/19		7/26	8/23	9/20		7/27	8/24	9/21		7/28	8/25	9/22	
Vegetarian Bean Chili Steamed Rice Green Peas Apple WG Delicious-Made Corn Bread*				Red Beans & Rice Broccoli Banana WG Delicious-Made Bread*				Cheese Quesadilla on WG Soft Flour Tortilla* Steamed Rice HV: Cauliflower CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Orange				Vegetarian Sloppy Joe Baked French Fries Sauteed Cabbage Pear WG Delicious-Made Bun*				Delicious-Made Macaroni & Cheese HV: Roasted Green Beans CV: Southwest Bean Salad Diced Fresh Fruit WG Delicious-Made Bread*			

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Menus are subject to change.
(*) Item is WHOLE GRAIN.

**ENTRÉES ARE DELICIOUS MADE (made from scratch)



Allergy Menu

Gluten, Soy, Wheat, Dairy, Egg, Fish, shellfish, Nut, Tree Nut Free, Sesame

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7/3	7/31	8/28	9/25	7/4 (4 th of July)	8/1	8/29	9/26	7/5	8/2	8/30	9/27	7/6	8/3	8/31	9/28	7/7	8/4	9/1	9/29
Beefy Marinara Gluten Free Pasta Corn Apple WG Corn Chips*				Diced Chicken & Gravy Mashed Potatoes Broccoli Banana WG Corn Tortilla*				Diced Turkey Wrap ~Mustard Green Peas Orange WG Corn Tortilla*				Beef Nacho Spanish Rice Diced Carrots Pear WG Corn Tortilla Chips*				Italian Chicken (No Cheese) Steamed Rice Brussel Sprouts Diced Fresh Fruit WG Corn Tortilla*			
7/10 8/7 9/4 (Labor Day)				7/11 8/8 9/5				7/12 8/9 9/6				7/13 8/10 9/7				7/14 8/11 9/8			
Turkey & Country Gravy Steamed Rice Diced Carrots Apple WG Corn Tortilla*				Beef Tacos Spanish Black Beans Broccoli Banana WG Corn Tortilla*				Red Beans and Rice Roasted Vegetables Orange WG Corn Chips*				Diced Chicken & Gravy Mashed Potatoes Green Beans Pear WG Corn Tortilla*				Beefy Marinara Gluten Free Pasta Cauliflower Diced Fresh Fruit WG Corn Chips			
7/17 8/14 9/11				7/18 8/15 9/12				7/19 8/16 9/13				7/20 8/17 9/14				7/21 8/18 9/15			
Vegetarian Chili Steamed Rice Carrot Mash Apple WG Corn Chips*				Italian Chicken (no cheese) Oven Browned Potatoes Green Peas Banana WG Corn Tortilla*				Delicious-Made Beefy Meat Sauce Gluten Free Pasta Broccoli Orange WG Corn Tortilla*				Potato Chicken Taco Refried Beans Diced Carrots Pear WG Corn Tortilla*				Diced Chicken & Gravy Gluten Free Pasta Green Beans Diced Fresh Fruit WG Corn Tortilla*			
7/24 8/21 9/18				7/25 8/22 9/19				7/26 8/23 9/20				7/27 8/24 9/21				7/28 8/25 9/22			
Turkey Chili Steamed Rice Green Peas Apple WG Corn Chips*				Red Beans & Rice Broccoli Banana WG Corn Chips*				Fiesta Chicken Steamed Rice Cauliflower Orange WG Corn Tortilla*				Beef Sloppy Joe Baked French Fries Sauteed Cabbage Pear WG Corn Tortilla*				Chicken & Country Gravy Mashed Potatoes Roasted Green Beans Diced Fresh Fruit WG Corn Tortilla*			

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.
Menu provided by Quality Catering approved by our Licensed Dietitian. Menus are subject to change.
(*) Item is WHOLE GRAIN

NOTE: All ENTRÉES AND BREAD ARE DELICIOUS MADE

***What is Delicious Made** (de-li-cious made | di-'li-shas mād)?
Delicious Made means no sugar, no preservatives, no chemicals, no high-fructose corn sweetener, no trans fats.
Our Delicious Made, 100% Certified Organic meals are yummy, healthy, affordable and all-natural!