

Monthly Meal Plan

^ denotes as vegetarian meal and # as gluten friendly meal.

Date	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
December 02 (Monday)	Chicken Pasta + White Sauce	Egg.Ham Fried Rice	Baked Cheesy Chicken Quesadillas + Cheese Perogies	English Muffin with Ham.Cheese + Cheese Perogies	Chicken in Garlic & Green.Onion Sauce + Dry Wheat Noodle	Baked Fish Rolls + Edamame Beans	Mini Cheese Pizza Slices ^
December 03 (Tuesday)	Mac & Cheese + Shredded Chicken	Chicken Burger + Hashbrown	Baked Chicken Wrap + Cheese Perogies	Ham.Egg Sandwich	Chicken in Teriyaki Sauce + White Rice	Chicken Caesar Salad with Cheddar cheese + Pita Bread	Baked Chicken Nuggets + French Fries
December 04 (Wednesday)	Meatball Pasta + Tomato Sauce	Egg.Chicken Fried Rice	Baked Chicken Strips + Bun	English Muffin with Turkey.Egg + Cheese Perogies	Chicken in Garlic & Vineger Sauce + Dry Wheat Noodle	Tamago (Egg) Rolls + Edamame Beans ^ #	Two Chicken Hot Dogs
December 05 (Thursday)	Mac & Cheese ^	Cheesy Beef Burger + Hashbrown	Bacon.Egg Sandwich	Beef Hot Dog + French Fries	Chicken in Garlic & Green.Onion Sauce + White Rice	Caesar Salad with Cheddar cheese + Pita Bread ^	Tuna Onigiri Rice Balls + Edamame Beans #
December 06 (Friday)	Chicken Pasta + White Sauce	Egg Fried Rice ^ #	Baked Chicken Strips + French Fries	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^	Sushi Rice Sandwich with Ham.Egg.Bacon #	Cucumber Rolls + Edamame Beans ^ #	Chicken Dumplings + Dry Wheat Noodle
December 09 (Monday)	Mac & Cheese + Shredded Chicken	Beef Burger + Hashbrown	Bacon.Egg.Sausage Wrap + Cheese Perogies	Turkey.Cheese Sandwich	Chicken Hot Dog + French Fries	Chicken Dumplings + Vegetables	Baked Chicken Nuggets + Bun
December 10 (Tuesday)	Meatball Pasta + Tomato Sauce	Egg.Ham Fried Rice	Baked Cheesy Chicken Quesadillas + Cheese Perogies	English Muffin with Ham.Cheese + Cheese Perogies	Chicken in Garlic & Green.Onion Sauce + Dry Wheat Noodle	Baked Fish Rolls + Edamame Beans	Mini Cheese Pizza Slices ^
December 11 (Wednesday)	Mac & Cheese ^	Chicken Burger + Hashbrown	Baked Chicken Wrap + Cheese Perogies	Ham.Egg Sandwich	Chicken in Teriyaki Sauce + White Rice	Chicken Caesar Salad with Cheddar cheese + Pita Bread	Baked Chicken Nuggets + French Fries
December 12 (Thursday)	Chicken Pasta + White Sauce	Egg.Chicken Fried Rice	Baked Chicken Strips + Bun	English Muffin with Turkey.Egg + Cheese Perogies	Chicken in Garlic & Vineger Sauce + Dry Wheat Noodle	Tamago (Egg) Rolls + Edamame Beans ^ #	Two Chicken Hot Dogs
December 13 (Friday)	Mac & Cheese + Shredded Chicken	Cheesy Beef Burger + Hashbrown	Bacon.Egg Sandwich	Beef Hot Dog + French Fries	Chicken in Garlic & Green.Onion Sauce + White Rice	Caesar Salad with Cheddar cheese + Pita Bread ^	Tuna Onigiri Rice Balls + Edamame Beans #
December 16 (Monday)	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Baked Chicken Strips + French Fries	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^	Sushi Rice Sandwich with Ham.Egg.Bacon #	Cucumber Rolls + Edamame Beans ^ #	Chicken Dumplings + Dry Wheat Noodle
December 17 (Tuesday)	Mac & Cheese ^	Beef Burger + Hashbrown	Bacon.Egg.Sausage Wrap + Cheese Perogies	Turkey.Cheese Sandwich	Chicken Hot Dog + French Fries	Chicken Dumplings + Vegetables	Baked Chicken Nuggets + Bun
December 18 (Wednesday)	Chicken Pasta + White Sauce	Egg.Ham Fried Rice	Baked Cheesy Chicken Quesadillas + Cheese Perogies	English Muffin with Ham.Cheese + Cheese Perogies	Chicken in Garlic & Green.Onion Sauce + Dry Wheat Noodle	Baked Fish Rolls + Edamame Beans	Mini Cheese Pizza Slices ^
December 19 (Thursday)	Mac & Cheese + Shredded Chicken	Chicken Burger + Hashbrown	Baked Chicken Wrap + Cheese Perogies	Ham.Egg Sandwich	Chicken in Teriyaki Sauce + White Rice	Chicken Caesar Salad with Cheddar cheese + Pita Bread	Baked Chicken Nuggets + French Fries
December 20 (Friday)	Meatball Pasta + Tomato Sauce	Egg.Chicken Fried Rice	Baked Chicken Strips + Bun	English Muffin with Turkey.Egg + Cheese Perogies	Chicken in Garlic & Vineger Sauce + Dry Wheat Noodle	Tamago (Egg) Rolls + Edamame Beans ^ #	Two Chicken Hot Dogs