

APEC Supper Menu 2020 - 2021

	Soul Food	Healthy Choice	Italian	Asian/Mexican	Kids Choice
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	BBQ Chicken Legs	Tuna and Mac Salad	Baked Ziti (Ground Turkey)	Turkey Tacos w/ Cheese	Chicken Chili Hotdogs
Vegetable ½ cup	Traditional Baked Beans	Tossed Green Salad	Italian Green Beans	Shredded Lettuce and Tomato	Potato Wedges
Fruit ¼ cup	Sliced Oranges	Baked Apples	Mixed Fruit	Fresh Apples	Chilled Oranges
Grain 1 oz	Wheat Bread	(Macaroni)	(Ziti)	Taco Shell	Wheat Buns
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	Chicken Stroganoff	Chicken/ Broccoli/Cheese Casserole	Italian Sloppy Joe's	Teriyaki Chicken Stir fry	Bennie and Weenie (Turkey/Chicken Franks mixed with baked beans)
Vegetable ½ cup	Mixed Veggies	Broccoli	Honey Glazed Carrots	Asian Veggies	Baked Beans
Fruit ¼ cup	Fresh Apples	Mandarin Oranges	Mixed Fruit	Sliced Oranges	Apricots
Grain 1 oz	(Egg Noodles)	(Rice)	Buns	Yellow Rice	Wheat Crackers
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	Skin Fried Chicken	Chicken Caesar Salad	Chicken/Spinach Fettuccini Alfredo	Chicken Fajitas Onions & Peppers	BBQ Chicken Sandwich
Vegetable ½ cup	Collard Greens	Romaine Lettuce	Spinach	Black Beans	Baked Beans
Fruit ¼ cup	Peaches	Fresh Apples	Sliced Oranges	Pineapples	Mixed Fruit
Grain 1 oz	Wheat Bread Roll	Croutons/ Crackers	(Fettuccini)	Brown Rice/ Tortilla	Wheat Bun
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	Turkey Meatballs w/ Gravy	Chicken Parmesan Patty w/ Marinara Sauce	Spaghetti w/ Ground Turkey	Sweet & Sour Chicken Lo Mein	Ground Turkey Nachos
Vegetable ½ cup	Mashed Potatoes	Tossed Salad	Italian Green Beans	Sweet Peas	Tossed Salad
Fruit ¼ cup	Pears	Apricots	Peaches	Carrots	Sliced Oranges
Grain 1 oz	Saltine Crackers	Wheat Bread	(Spaghetti)	Wheat Lo Mein Noodles	Nacho Chips (Salad Dressing)
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	Cheeseburger Mac (Turkey)	Chicken Cobb Salad	Chicken Alfredo	Chicken Fajitas Onions & Peppers	BBQ Chicken Sandwich
Vegetable ½ cup	Green Beans	Garden Salad	Spinach	Black Beans	Baked Beans
Fruit ¼ cup	Fruit Cocktail	Mandarin Oranges	Diced Pears	Pineapples	Mixed Fruit
Grain 1 oz	(Macaroni)	(Croutons/ Crackers)	(Fettuccini)	Wheat Tortilla	Wheat Buns
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

