

APEC Cascade Menu 2021 2022

Week #1

	Soul Food	Healthy Choice	Italian	Asian/Mexican	Kids Choice
BREAKFAST	Monday	Tuesday	Wednesday	Thursday	Friday
Comp.#1	Cereal Bar	Pancake	Assorted Bagels	French Toast	Pastry/ Breakfast Bars
Comp.#2	Milk	Sausage	Cream Cheese	Milk	Water

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	Smothered Chicken	Chopped Chicken Cobb Salad	Sloppy Joe	Grilled Chicken Quesadilla	Chicken Nuggets
Vegetable ½ cup	Cabbage	Romaine Lettuce, Tomato, Carrots	Green Beans	Fiesta Corn	French Fries
Fruit ¼ cup	Pineapples	Mandarin Oranges	Fresh Apples	Oranges	Mixed Fruit
Grain 1 oz	Wheat Bread	Wheat Crackers	Wheat Bread	Tortillas	Wheat Bread
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

SNACK	Monday	Tuesday	Wednesday	Thursday	Friday
Comp.#1	Vanilla Wafers	Oatmeal Cookies	Gold Fish	Kids Snack	Veggie Straws
Comp.#2	Bananas	Milk	100% White Grape Juice	100% Cranberry Juice	Fresh Sliced Apples

SUPPER	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, tomatoes	Potato Wedges
Fruit ¼ cup	Sliced Oranges	Baked Apples	Mixed Fruit	Fresh Apples	Chilled Oranges
Grain 1 oz	Wheat Crackers	(Macaroni)	(Whole Wheat Ziti)	Soft Taco Shell	Wheat Buns
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

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Week #2

	Soul Food	Healthy Choice	Italian	Asian/Mexican	Kids Choice
BREAKFAST	Monday	Tuesday	Wednesday	Thursday	Friday
Comp.#1	Cheese Toast	Pancakes	Breakfast Bar	Cereal	Assorted Bagels
Comp.#2	Milk	Sausage	Water	Milk	Cream Cheese

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	Salisbury Steak	Fried Fish Sandwich w/ Tarter Sauce	Ravioli	Teriyaki Chicken	Turkey Sliders
Vegetable ½ cup	Mashed Potatoes	Lettuce/ Tomatoes	Broccoli	Zucchini/ Squash/ Peppers	Tator Tots
Fruit ¼ cup	Snow Peas	Tropical Fruit	Orange Wedges	Baked Apples	Peaches
Grain 1 oz	Wheat Bread	Wheat Bread	Wheat Pasta	Wheat Noodles	Wheat Bun
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

SNACK	Monday	Tuesday	Wednesday	Thursday	Friday
Comp.#1	Cheese Its	Honey Grahams	Pretzels	Goldfish Crackers	Brownies
Comp.#2	Diced Pears	100% Apple Juice	100% Cranberry Juice	100% Grape Juice	Fresh Strawberries

SUPPER	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	Chicken Stroganoff	Chicken/Broccoli/Rice Casserole	Italian Sloppy Joe's	Teriyaki Chicken Stir Fry	Beanie and Weenie Turkey/ Chicken Franks w/ 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)	Wheat Buns	Yellow Rice	Wheat Crackers
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

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Week #3

	Soul Food	Healthy Choice	Italian	Asian/Mexican	Kids Choice
BREAKFAST	Monday	Tuesday	Wednesday	Thursday	Friday
Comp.#1	Cereal Bar	Pancake	French Toast	Cheese Toast	Muffins
Comp.#2	Milk	Blueberries/Water	Sausage/Milk	Milk	Juice

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	Chicken and Rice	Fish Nuggets	Spaghetti w/ Meat Sauce	Asian Chicken Cobb Salad	Fried Chicken Drumstick
Vegetable ½ cup	Black-eyed Peas	Coleslaw	Sweet Corn	Lettuce, tomato, carrots	Mashed Potatoes
Fruit ¼ cup	Applesauce	Pineapple	Mixed Fruit	Mandarin Oranges	Green Beans
Grain 1 oz	(Rice)	Wheat Bread	Spaghetti	Wheat Crackers	Wheat Buns
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk
SNACK	Monday	Tuesday	Wednesday	Thursday	Friday
Comp.#1	Fruit Yogurt	Goldfish Crackers	Animal Crackers	Cheese Wheat Crackers	Rice Krispies
Comp.#2	Strawberries	100% Cranberry Juice	100% Pear Juice	100% Apple Juice	Sliced Apples

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

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Week #4

	Soul Food	Healthy Choice	Italian	Asian/Mexican	Kids Choice
BREAKFAST	Monday	Tuesday	Wednesday	Thursday	Friday
Comp.#1	Danish Pastry	Waffles	Toast	Mini Cinnamon Bagels	Cereal
Comp.#2	Water	Milk	Sausage	Cream Cheese	Milk

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	Chicken Patty Sandwich	Beanie Weenie	Italian Meatballs	Baked Chicken Legs	Chicken Fingers
Vegetable ½ cup	Coleslaw	Baked Beans	Broccoli	Cabbage	French Fries
Fruit ¼ cup	Baked Apples	Tropical Fruit	Sliced Oranges	Peaches	Mandarin Oranges
Grain 1 oz	Wheat Buns	Wheat Bread	Wheat Crackers	Wheat Bread	Wheat Bread
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

SNACK	Monday	Tuesday	Wednesday	Thursday	Friday
Comp.#1	Mini Muffins	Mini Bagels	Fruit Pan	Tortilla Chips (Salsa)	Rice Krispy Treats
Comp.#2	Milk	Cream Cheese Strawberry/Milk	Animal Crackers	100% Apple Juice	100% Cran Apple Juice

SUPPER	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	Turkey Meatballs/Gravy	Chicken Parmesan Patty w/ Marinara	Spaghetti w/ Turkey Meat Sauce	Sweet and Sour Lo Mein	Ground Turkey Nachos
Vegetable ½ cup	Mashed Potatoes	Tossed Salad	Italian Veggies	Sweet Peas	Tossed Salad
Fruit ¼ cup	Pears	Apricots	Peaches	Carrots	Sliced Oranges
Grain 1 oz	White Rice	Wheat Bread	(Spaghetti)	Lo Mein	(Nacho Chips)
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

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Week #5

	Soul Food	Healthy Choice	Italian	Asian/Mexican	Kids Choice
BREAKFAST	Monday	Tuesday	Wednesday	Thursday	Friday
Comp.#1	Cereal Bar	Pancake	French Toast	Cheese Toast	Muffins
Comp.#2	Milk	Blueberries/Water	Sausage/Milk	Milk	Juice

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	Chicken/ Spinach Fettuccini	Turkey Tacos	Chicken Parmesan	Asian Chicken Cobb Salad	Turkey Sliders
Vegetable ½ cup	Spinach	Cheese, Lettuce , Salsa	Sweet Corn	Lettuce, tomatoes, Carrots	Potato Wedges
Fruit ¼ cup	Sliced Oranges	Pineapple	Mixed Fruit	Mandarin Oranges	Peaches
Grain 1 oz	Fettuccini	Soft Tortillas	Wheat Bread	Wheat Crackers	Sliced Bread
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

SNACK	Monday	Tuesday	Wednesday	Thursday	Friday
Comp.#1	Yogurt	Goldfish Crackers	Honey Grahams	Cubed Cheese	Oreo Cookies
Comp.#2	Animal Crackers	100% Apple Juice	Juicy Juice	Wheat Crackers	Milk

SUPPER	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	Turkey Cheeseburger Mac	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	Sliced Oranges	Diced Pears	Pineapples	Mixed Fruit
Grain 1 oz	Wheat Bread	Croutons	(Fettuccini)	Wheat Tortilla	Wheat Bun
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk