

APEC Supper Menu 2022-2023

	Soul Food	Healthy Choice	Italian	Asian/Mexican	Kids Choice
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Protein 2 oz	BBQ Chicken Legs	Turkey Wraps Lettuce, Tomato, Cheese	Baked Chicken Ziti	Turkey Tacos w/ Cheese	Chicken Hotdogs
Vegetable ½ cup	Baked Beans	Lettuce	Italian Green Beans	Shredded Lettuce/Tomato	Potato Wedges
Fruit ¼ cup	Sliced Oranges	Peaches	Mixed Fruit	Fresh Apples	Chilled Oranges
Grain 1 oz	Wheat Bread	Tortilla	(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	Smothered Chicken Patties w/ gravy	Asian Chicken Salad	Italian Sloppy Joe's	Sweet and Sour Turkey Meatballs	Bennie and Weenie (Turkey/Chicken)
Vegetable ½ cup	Green Beans	Lettuce	Honey Glazed Carrots	Asian Veggies	Baked Beans
Fruit ¼ cup	Apple Sauce	Mandarin Oranges	Mixed Fruit	Pineapples	Peaches
Grain 1 oz	Yellow Rice	Chinese Crispy Noodles	Buns	Brown 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	Baked Chicken Ziti	Chicken Fajitas Onions & Peppers/Salsa	BBQ Chicken Sandwich
Vegetable ½ cup	Collard Greens	Romaine Lettuce	Italian Green Beans	Black Beans	Baked Beans
Fruit ¼ cup	Peaches	Fresh Apples	Mixed Fruit	Pineapples	Mixed Fruit
Grain 1 oz	Wheat Bread Roll	Croutons/ Crackers	(Ziti)	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	Teriyaki Chicken	Spaghetti w/ Ground Turkey	Grilled Chicken Quesadilla	Ground Turkey Nachos
Vegetable ½ cup	Mashed Potatoes	Tossed Salad	Italian Green Beans	Black Beans	Tossed Salad
Fruit ¼ cup	Fresh Apples	Pineapples	Peaches	Oranges	Pears
Grain 1 oz	Saltine Crackers	Wheat Bread	(Spaghetti)	Tortilla	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	Smothered Chicken	Chicken Cobb Salad (Egg/Cucumber/Tomato)	Baked Chicken Ziti	Chicken Fajitas Onions & Peppers	BBQ Chicken Sandwich
Vegetable ½ cup	Cabbage	Garden Salad	Italian Green Beans	Black Beans/Salsa	Baked Beans
Fruit ¼ cup	Pineapples	Mandarin Oranges	Mixed Fruit	Pineapples	Mixed Fruit
Grain 1 oz	Wheat Bread	(Croutons/ Crackers)	(Ziti)	Wheat Tortilla	Wheat Buns
Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk