

## APEC Supper Menu 2023-2024

	Soul Food	Healthy Choice	Italian	International	Kids Choice
<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Protein 2 oz</b>	BBQ Chicken Legs	Turkey Wraps Lettuce, Tomato, Cheese	Meatball Parmesan Sub	Turkey Tacos w/ Cheese	Chicken Hotdogs
<b>Vegetable ½ cup</b>	Baked Beans	Lettuce	Italian Green Beans	Shredded Lettuce/Tomato	Potato Wedges
<b>Fruit ¼ cup</b>	Sliced Oranges	Peaches	Mixed Fruit	Fresh Apples	Chilled Oranges
<b>Grain 1 oz</b>	Wheat Bread	Tortilla	(Ziti)	Taco Shell	Wheat Buns
<b>Milk</b>	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Protein 2 oz</b>	Chicken Patties	Asian Chicken Salad / Ranch	Italian Sloppy Joe's	Sweet and Sour Beef Meatballs	Bennie and Weenie (Turkey/Chicken)
<b>Vegetable ½ cup</b>	Lettuce/Tomato	Lettuce	Honey Glazed Carrots	Asian Veggies	Baked Beans
<b>Fruit ¼ cup</b>	Apple Sauce	Mandarin Oranges	Mixed Fruit	Pineapples	Peaches
<b>Grain 1 oz</b>	Buns	Chinese Crispy Noodles	Buns	Yellow Rice	Wheat Crackers
<b>Milk</b>	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Protein 2 oz</b>	Skin Fried Chicken	Chicken Caesar Salad	Baked Ground Turkey Ziti	Turkey Nachos	BBQ Beef Meatballs
<b>Vegetable ½ cup</b>	Corn	Romaine Lettuce	Italian Green Beans	Fiesta Corn / Lettuce/ Tomato / Shredded Cheese	Baked Beans
<b>Fruit ¼ cup</b>	Peaches	Fresh Apples	Mixed Fruit		Mixed Fruit
<b>Grain 1 oz</b>	Wheat Bread Roll	Croutons/ Crackers	(Ziti)	Tortilla Chips	Wheat Bread
<b>Milk</b>	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Protein 2 oz</b>	Turkey Meatballs w/ Gravy	Chicken	Spaghetti w/ Ground Turkey	Chicken Stir Fry	Turkey Tacos w/ Cheese
<b>Vegetable ½ cup</b>	Mashed Potatoes	Broccoli	Tossed Salad	Mixed Veggies	Shredded Lettuce/Tomato
<b>Fruit ¼ cup</b>	Oranges	Pineapples	Peaches	Oranges	Fresh Apples
<b>Grain 1 oz</b>	Saltine Crackers	Yellow Rice	(Spaghetti)	White Rice	Taco Shell
<b>Milk</b>	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk

<b>Week 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Protein 2 oz</b>	Smothered Chicken	Chicken Cobb Salad (Egg/Cucumber/Tomato)	Baked Chicken Ziti	Jerk Chicken	Texas Ground Turkey Baked Beans
<b>Vegetable ½ cup</b>	Mixed Veggies	Garden Salad	Italian Green Beans	Cabbage & Peas	Baked Beans
<b>Fruit ¼ cup</b>	Pineapples	Mandarin Oranges	Mixed Fruit	Apricots	Oranges
<b>Grain 1 oz</b>	White Rice	(Croutons/ Crackers)	(Ziti)	Rice	Wheat Buns
<b>Milk</b>	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk	8 oz Milk