



# Boys & Girls Cabarrus Fall 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1				
Baked Spaghetti, Gnd Beef, 1 cup Green Beans, 1/4 cup Strawberry Applesauce, 1/2 cup Cornbread, WG	Chicken Nuggets, 5 each Corn, 1/4 cup Apple, 125 ct Brown Rice 1/2 cup WG	Turkey Corn Dogs, 6 ea Mixed Vegetables, 1/4 cup Mandarin Oranges, 1/2 cup Breeding on CDN, WG	Macaroni & Cheese Corn, 1/4 cup Orange, 138 ct Breeding on Fish Sticks WG	Hamburger, Beef, 1 each Baked Beans, 1/4 cup Applesauce, 1/2 cup Hamburger Bun, 1 each WG
Week 2				
Turkey Corn Dogs, 6 ea Corn, 1/4 cup Banana, 1 each Breeding on CDN, WG	Baked Beef Macaroni, 1 cup Green Beans, 1/4 cup Fruit Cocktail, 1/2 cup Cornbread, WG	Hot Dog, Turkey, 1 each Corn, 1/4 cup Strawberry Applesauce, 1/2 cup Hot Dog Bun, 1 each WG	Chicken Nuggets, 5 ea Green Peas, 1/4 cup Apple, 125 ct Whole Wheat Roll, 1 ea WG	BBQ Meatballs, 8 each Mixed Vegetables, 1/4 cup Mandarin Oranges, 1/2 cup Brown Rice, 1/2 cup WG


no broccoli  
no roasted chicken  
no milk

2-week cycle  
sfs  
6-18 yo  
unitized