

**BUCKS COUNTY HOT/HDM - APRIL 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>BAKED ZITI</b> (3/4 cup ziti, ½ cup PS ricotta cheese, 1oz PS mozz, 2oz tomato sauce) ½ cup winter blend (cauli & broccoli) ½ cup spiced peaches ½ cup pears
4	5	6	7	8
<b>FARMHOUSE OMELET</b> (3oz omelet, 0.5oz cheddar)  ½ cup zucchini, corn, & peppers  ½ cup cinnamon apple oatmeal  1.5 oz WW roll, pc marg Fresh Pear	<b>GARLIC CHICKEN</b> (3oz EP chicken, ½ cup snow peas, carrots)  ½ cup fried brown rice  ½ cup sesame green beans  1.5oz WW roll, pc marg ½ cup applesauce	<b>PIZZA BURGER</b> (3oz EP ground beef, 0.5oz PS mozz, 1oz tom sauce)  ½ cup potato wedges  Tossed salad (1 c romaine, tomato wedge, 2 cuc sl, 1 T FF Italian drg)  2oz WW hamburger roll 1.5oz cranberry muffin	<b>BAKED CHICKEN w LIGHT POULET SAUCE</b> (3oz EP chicken breast, 2oz light chicken gravy)  ½ cup traditional stuffing  ½ cup carrots, snap peas, broccoli and raisins  1.5 oz WW roll, pc marg ½ cup fruit cocktail	<b>BUTTER CRUMB FISH</b> (4oz EP tilapia)  ½ c broccoli florets  ½ c herb couscous  1 slice rye bread, pc marg ½ cup mandarin oranges
11	12	13	14	15
<b>BAKED FISH W TOMATO OLIVES &amp; CAPERS</b> (4oz tilapia, 2oz sauce)  ½ cup Caesar salad (1 cup romaine, 1 T Caesar dressing)  ½ cup orzo w peppers  1.5 oz WW roll, pc marg ½ cup pears	<b>FAJITA CHICKEN</b> (3oz EP chicken w/ 2oz peppers and onions)  ½ cup Spanish rice w black beans  ½ cup corn, red peppers and onions  1.5oz WW roll, pc marg ½ cup pineapples	<b>GLAZED HAM (4oz turkey ham) w/ 2oz FRUIT SAUCE*</b>  <i>½ c Corn Pudding*</i>  <i>½ c California Blend Vegetables</i>  <i>1.5 oz Easter Egg Wash Roll**</i>  <i>Fruit Dessert*</i> <i>4oz grape juice*</i>	<b>SLICED HOT ROAST PORK</b> (3oz EP pork, 2oz light pork gravy)  ½ cup mashed potatoes  ½ cup mix vegetables (corn carrot, peas)  2oz WW hot dog roll, pc marg ½ cup cinnamon applesauce	<b>VEGETABLE OMELET W CHEESE</b> (3oz omelet, 1 oz Amer. cheese, ½ c tomato, peppers, onions)  ½ cup cran apple compote  ½ cup hash browns  1 slice Rye bread, pc marg chocolate chip cookie
18	19	20	21	22
<b>TORTELLINIS W MEATBALLS</b> (2oz EP ground beef, ¼ c PS ricotta, ¼ c pasta, 2 oz tomato sauce)  ½ c broccoli and carrots  ½ c warm cinnamon apples 1/2 mandarin oranges	<b>ROSEMARY ROASTED TURKEY W LIGHT TURKEY GRAVY</b> (3 oz EP turkey, 2oz light gravy)  ½ cup Brussel sprouts  ½ cup corn bread stuffing 1.5 oz WW roll, pc margarine ½ cup peaches	<b>FRENCH ONION MEATLOAF</b> (3oz EP gr beef, 1oz onions, 1oz beef sauce, 0.5oz provolone)  Tossed salad (1 c romaine, 2 cherry tomatoes, 2 cuc sl, 1 T French drg) ½ cup mashed potatoes 1 slice WW bread, pc marg ½ cup berry applesauce	<b>MAPLE GLAZED CHICKEN</b> (3oz EP chicken breast, 1oz maple glaze)  ½ cup sweet potato cubes  ½ cup sugar snap peas 1.5 oz WW roll, pc marg Fresh Apple	<b>CRABCAKE &amp; MAC &amp; CHEESE</b> (3oz EP surimi, ½ elbow noodles, 1 oz cheddar cheese)  ½ cup scalloped tomatoes  ½ cup broccoli 1 slice WW bread, pc marg 1oz sugar cookie
25	26	27	28	29
<b>CHICKEN MARSALA</b> (3oz EP chicken breast, 1oz mushrooms, 2oz marsala sauce)  ½ cup buttery herb red skinned potatoes  ½ cup green beans  1.5oz WW roll, pc margarine ½ cup pineapples	<b>GROUND BEEF AND BEAN CHILI</b> (2oz ground beef, ¼ cup kidney beans, 2oz sauce, .5oz cheddar cheese) Tossed salad (1 c romaine, 2 cherry tomatoes, 2 cuc sl, 1 T FF ranch drg) ½ cup sweet corn 1oz whole wheat bread, pc marg 1.5oz carrot raisin muffin	<b>MILD CHICKEN CURRY</b> (2oz EP diced chicken, 1/4c chickpeas, 2oz mild tomato curry sauce)  ½ cup peas and carrots  ½ cup wide noodles  1.5oz WW roll, pc marg Fresh Orange	<b>SLICED BEEF MERLOT</b> (3oz EP sliced beef, 2oz sauce w sautéed onions)  ½ cup whipped sweet potatoes  ½ cup roasted beets  1.5oz WW roll, pc margarine ½ cup cinnamon applesauce	<b>BAKED ZITI</b> (3/4 cup ziti, ½ cup PS ricotta cheese, 1oz PS mozz, 2oz tomato sauce)  ½ cup winter blend (cauli & broccoli)  ½ cup spiced peaches  ½ cup pears


**BUCKS COUNTY HOT/HDM - MAY 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<b>FARMHOUSE OMELET</b> (3oz omelet, 0.5oz cheddar)  ½ cup zucchini, corn, & peppers  ½ cup cinnamon apple oatmeal  1.5 oz WW roll, pc marg Fresh Pear	<b>GARLIC CHICKEN</b> (3oz EP chicken, ½ cup snow peas, carrots)  ½ cup fried brown rice  ½ cup sesame green beans  1.5oz WW roll, pc marg ½ cup applesauce	<b>PIZZA BURGER</b> (3oz EP ground beef, 0.5oz PS mozz, 1oz tom sauce)  ½ cup potato wedges  Tossed salad (1 c romaine, tomato wedge, 2 cuc sl, 1 T FF Italian drg)  2oz WW hamburger roll 1.5oz cranberry muffin	<b>BAKED CHICKEN w LIGHT POULET SAUCE</b> (3oz EP chicken breast, 2oz light chicken gravy)  ½ cup traditional stuffing  ½ cup carrots, snap peas, broccoli and craisins  1.5 oz WW roll, pc marg ½ cup fruit cocktail	<b>STUFFED CHICKEN (3oz EP) w/ ½ c CORNBREAD CRANBERRY STUFFING*</b>  ½ c Baked Potato Wedges*  ½ c Dill Carrots  1.5oz WW Roll**, pc marg 1 Chocolate Muffin** 4oz grape juice*
9	10	11	12	13
<b>BAKED FISH W TOMATO OLIVES &amp; CAPERS</b> (4oz tilapia, 2oz sauce)  ½ cup Caesar salad (1 cup romaine, 1 T Caesar dressing)  ½ cup orzo w peppers  1.5 oz WW roll, pc marg ½ cup pears	<b>FAJITA CHICKEN</b> (3oz EP chicken w/ 2oz peppers and onions)  ½ cup Spanish rice w black beans  ½ cup corn, red peppers and onions  1.5oz WW roll, pc marg ½ cup pineapples	<b>MANICOTTI W SAUCE</b> (1/2 cup PS Ricotta, 1 oz PS mozz, 2 oz tomato sauce, ¾ cup manicotti shell)  ½ cup broccoli & carrots  ½ cup pears w oat topping  Fresh Apple	<b>SLICED HOT ROAST PORK</b> (3oz EP pork, 2oz light pork gravy)  ½ cup mashed potatoes  ½ cup mix vegetables (corn carrot, peas)  2oz WW hot dog roll, pc marg ½ cup cinnamon applesauce	<b>VEGETABLE OMELET W CHEESE</b> (3oz omelet, 1 oz Amer. cheese, ½ c tomato, peppers, onions)  ½ cup cran apple compote  ½ cup hash browns  1 slice Rye bread, pc marg chocolate chip cookie
16	17	18	19	20
<b>TORTELLINIS W MEATBALLS</b> (2oz EP ground beef, ¼ c PS ricotta, ¾ c pasta, 2 oz tomato sauce)  ½ c broccoli and carrots  ½ c warm cinnamon apples 1/2 mandarin oranges	<b>ROSEMARY ROASTED TURKEY W LIGHT TURKEY GRAVY</b> (3 oz EP turkey, 2oz light gravy)  ½ cup Brussel sprouts  ½ cup corn bread stuffing 1.5 oz WW roll, pc margarine ½ cup peaches	<b>FRENCH ONION MEATLOAF</b> (3oz EP gr beef, 1oz onions, 1oz beef sauce, 0.5oz provolone)  Tossed salad (1 c romaine, 2 cherry tomatoes, 2 cuc sl, 1 T French drg)  ½ cup mashed potatoes 1 slice WW bread, pc marg ½ cup berry applesauce	<b>MAPLE GLAZED CHICKEN</b> (3oz EP chicken breast, 1oz maple glaze)  ½ cup sweet potato cubes  ½ cup sugar snap peas 1.5 oz WW roll, pc marg Fresh Apple	<b>CRABCAKE &amp; MAC &amp; CHEESE</b> (3oz EP surimi, ½ elbow noodles, 1 oz cheddar cheese)  ½ cup scalloped tomatoes  ½ cup broccoli 1 slice WW bread, pc marg 1oz sugar cookie
23	24	25	26	27
<b>CHICKEN MARSALA</b> (3oz EP chicken breast, 1oz mushrooms, 2oz marsala sauce)  ½ cup buttery herb red skinned potatoes  ½ cup green beans  1.5oz WW roll, pc margarine ½ cup pineapples	<b>GROUND BEEF AND BEAN CHILI</b> (2oz ground beef, ¼ cup kidney beans, 2oz sauce, .5oz cheddar cheese)  Tossed salad (1 c romaine, 2 cherry tomatoes, 2 cuc sl, 1 T FF ranch drg)  ½ cup sweet corn  1oz whole wheat bread, pc marg 1.5oz carrot raisin muffin	<b>MILD CHICKEN CURRY</b> (2oz EP diced chicken, 1/4c chickpeas, 2oz mild tomato curry sauce)  ½ cup peas and carrots  ½ cup wide noodles  1.5oz WW roll, pc marg Fresh Orange	<b>SLICED BEEF MERLOT</b> (3oz EP sliced beef, 2oz sauce w sautéed onions)  ½ cup whipped sweet potatoes  ½ cup roasted beets  1.5oz WW roll, pc margarine ½ cup cinnamon applesauce	<b>BAKED ZITI</b> (3/4 cup ziti, ½ cup PS ricotta cheese, 1oz PS mozz, 2oz tomato sauce)  ½ cup winter blend (cauli & broccoli)  ½ cup spiced peaches  ½ cup pears
30	31			
<b>FARMHOUSE OMELET</b> (3oz omelet, 0.5oz cheddar)  ½ cup zucchini, corn, & peppers  ½ cup cinnamon apple oatmeal 1.5 oz WW roll, pc marg Fresh Pear	<b>GARLIC CHICKEN</b> (3oz EP chicken, ½ cup snow peas, carrots)  ½ cup fried brown rice  ½ cup sesame green beans 1.5oz WW roll, pc marg ½ cup applesauce			

**BUCKS COUNTY HOT/HDM - JUNE 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

		<b>PIZZA BURGER</b> (3oz EP ground beef, 0.5oz PS mozz, 1oz tom sauce) ½ cup potato wedges Tossed salad (1 c romaine, tomato wedge, 2 cuc sl, 1 T FF Italian drg) 2oz WW hamburger roll 1.5oz cranberry muffin	<b>BAKED CHICKEN w LIGHT POULET SAUCE</b> (3oz EP chicken breast, 2oz light chicken gravy) ½ cup traditional stuffing ½ cup carrots, snap peas, broccoli and craisins 1.5 oz WW roll, pc marg ½ cup fruit cocktail	<b>BUTTER CRUMB FISH</b> (4oz EP tilapia) ½ c broccoli florets ½ c herb couscous 1 slice rye bread, pc marg ½ cup mandarin oranges	
		<b>BAKED FISH W TOMATO OLIVES &amp; CAPERS</b> (4oz tilapia, 2oz sauce) ½ cup Caesar salad (1 cup romaine, 1 T Caesar dressing) ½ cup orzo w peppers 1.5 oz WW roll, pc marg ½ cup pears	<b>FAJITA CHICKEN</b> (3oz EP chicken w/ 2oz peppers and onions) ½ cup Spanish rice w black beans ½ cup corn, red peppers and onions 1.5oz WW roll, pc marg ½ cup pineapples	<b>MANICOTTI W SAUCE</b> (1/2 cup PS Ricotta, 1 oz PS mozz, 2 oz tomato sauce, ¾ cup manicotti shell) ½ cup broccoli & carrots ½ cup pears w oat topping Fresh Apple	<b>SLICED HOT ROAST PORK</b> (3oz EP pork, 2oz light pork gravy) ½ cup mashed potatoes ½ cup mix vegetables (corn carrot, peas) 2oz WW hot dog roll, pc marg ½ cup cinnamon applesauce
<b>TORTELLINIS W MEATBALLS</b> (2oz EP ground beef, ¼ c PS ricotta, ¾ c pasta, 2 oz tomato sauce) ½ c broccoli and carrots ½ c warm cinnamon apples 1/2 mandarin oranges	<b>ROSEMARY ROASTED TURKEY W LIGHT TURKEY GRAVY</b> (3 oz EP turkey, 2oz light gravy) ½ cup Brussel sprouts ½ cup corn bread stuffing 1.5 oz WW roll, pc margarine ½ cup peaches	<b>FRENCH ONION MEATLOAF</b> (3oz EP gr beef, 1oz onions, 1oz beef sauce, 0.5oz provolone) Tossed salad (1 c romaine, 2 cherry tomatoes, 2 cuc sl, 1 T French drg) ½ cup mashed potatoes 1 slice WW bread, pc marg ½ cup berry applesauce	<b>MAPLE GLAZED CHICKEN</b> (3oz EP chicken breast, 1oz maple glaze) ½ cup sweet potato cubes ½ cup sugar snap peas 1.5 oz WW roll, pc marg Fresh Apple	<b>DIPPED FRIED CHICKEN*</b>  (3oz EP)  ½ c Glazed Sweet Potatoes* ½ c Green Beans Almandine 1.5 oz Dinner Roll** small baked dessert** 4oz apple juice*	
<b>CHICKEN MARSALA</b> (3oz EP chicken breast, 1oz mushrooms, 2oz marsala sauce) ½ cup buttery herb red skinned potatoes ½ cup green beans 1.5oz WW roll, pc margarine ½ cup pineapples	<b>GROUND BEEF AND BEAN CHILI</b> (2oz ground beef, ¼ cup kidney beans, 2oz sauce, .5oz cheddar cheese) Tossed salad (1 c romaine, 2 cherry tomatoes, 2 cuc sl, 1 T FF ranch drg) ½ cup sweet corn 1oz whole wheat bread, pc marg 1.5oz carrot raisin muffin	<b>MILD CHICKEN CURRY</b> (2oz EP diced chicken, 1/4c chickpeas, 2oz mild tomato curry sauce) ½ cup peas and carrots ½ cup wide noodles 1.5oz WW roll, pc marg Fresh Orange	<b>SLICED BEEF MERLOT</b> (3oz EP sliced beef, 2oz sauce w sautéed onions) ½ cup whipped sweet potatoes ½ cup roasted beets 1.5oz WW roll, pc margarine ½ cup cinnamon applesauce	<b>BAKED ZITI</b> (3/4 cup ziti, ½ cup PS ricotta cheese, 1oz PS mozz, 2oz tomato sauce) ½ cup winter blend (cauli & broccoli) ½ cup spiced peaches ½ cup pears	
<b>FARMHOUSE OMELET</b> (3oz omelet, 0.5oz cheddar) ½ cup zucchini, corn, & peppers ½ cup cinnamon apple oatmeal 1.5 oz WW roll, pc marg Fresh Pear	<b>GARLIC CHICKEN</b> (3oz EP chicken, ½ cup snow peas, carrots) ½ cup fried brown rice ½ cup sesame green beans 1.5oz WW roll, pc marg ½ cup applesauce	<b>PIZZA BURGER</b> (3oz EP ground beef, 0.5oz PS mozz, 1oz tom sauce) ½ cup potato wedges Tossed salad (1 c romaine, tomato wedge, 2 cuc sl, 1 T FF Italian drg) 2oz WW hamburger roll 1.5oz cranberry muffin	<b>BAKED CHICKEN w LIGHT POULET SAUCE</b> (3oz EP chicken breast, 2oz light chicken gravy) ½ cup traditional stuffing ½ cup carrots, snap peas, broccoli and craisins 1.5 oz WW roll, pc marg ½ cup fruit cocktail		