

# Let's Cook

WISCONSIN SCHOOL MEALS ROCK



## Week 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Sweet Potato &amp; Black Bean Stew</b>  <b>Cornbread Square</b>            Sweet Potato Fries*            Avocado            Cantaloupe            Applesauce*</p>	<p><b>Fiesta Chicken Ranch Fajitas</b>            Lentils  <b>Ranch Pasta Salad*</b>            Plum            Mandarin            Oranges*</p>	<p><b>Beef Stir Fry</b>            Brown Rice  <b>Sweet &amp; Sour Broccoli Salad</b>            Sauteed Zucchini            Banana            Pears*</p>	<p><b>Homestyle Meat Sauce with Spaghetti</b>            Garlic Bread*            California Blend            Sugar Snap Peas            Grapes            Craisins*</p>	<p><b>Philly Chicken Sub</b>  <b>Western Beans</b>  <b>Italian Baby Potatoes</b>            Mango            Fruit Cocktail*</p>

**Key:**

**Bold items** include a recipe

\*Applies 9-12 menus only

A variety of milk options are offered daily

