



Monday

Pasta

Cavatappi
Whole Wheat
Penne

Meat

Chicken
Bacon
Ham

Vegetable

Diced Tomatoes
Onion
Sliced Mushrooms
Spinach
Peas

Tuesday

Pasta

Cavatappi
Whole Wheat
Penne

Meat

Chicken
Crab
Meatball

Vegetable

Diced Tomatoes
Onion
Sliced Mushrooms
Spinach
Squash

Wednesday

Pasta

Cavatappi
Whole Wheat
Penne

Meat

Chicken
Bacon
Sausage

Vegetable

Diced Tomatoes
Onion
Sliced Mushrooms
Spinach
Broccoli

Thursday

Pasta

Cavatappi
Whole Wheat
Penne

Meat

Chicken
Bacon
Pepperoni

Vegetable

Diced Tomatoes
Onion
Sliced Mushrooms
Spinach
Peas

Friday

Pasta

Cavatappi
Whole Wheat
Penne

Meat

Chicken
Crab
Blackened Tofu

Vegetable

Diced Tomatoes
Onion
Sliced Mushrooms
Spinach
Broccoli

Spices

Minced Garlic
Basil
Oregano
Crushed Red Pepper

Cheese

Parmesan
Mozzarella

Sauce

Alfredo
Marinara

**Subject to change.*