

## **Movement Meals 2023-2024**

Wednesday, September 6th – [Proximo](#)

- Meal #1
  - *Cuban Marinated Chicken Breast*
  - *Pork Ribs*
  - *Spanish Rice with Pico de Gallo*
  - *Black Beans with Cotija Cheese*
  - *Roasted Squash*

Wednesday, September 20th – [Baker Street](#)

- Meal #1
  - *Chicken Alfredo*
  - *Pork Lasagna*
  - *Green Beans*
  - *Garlic Bread*

Wednesday, September 27th - [The Hoppy Gnome](#)

- Meal #1
  - *Sweet n' Smokey Pork Chop*
  - *Carolina BBQ Grilled Chicken*
  - *Garlic Herb Mash*
  - *Smoked Jalapeno Coleslaw*
  - *Fire Roasted Vegetable Medley*

Wednesday, October 4th – [Proximo](#)

- Meal #2
  - *Biscuits & Gravy*
  - *French Toast*
  - *Scrambled Eggs*
  - *Bacon*
  - *Fresh Fruit*

Wednesday, October 11th – [Baker Street](#)

- Meal #2
  - *Salisbury Steak*
  - *Kansas City BBQ Chicken Breast*
  - *Garlic Whipped Potatoes*
  - *Green Beans*
  - *Creamed Corn*

Wednesday, October 18th - [The Hopyy Gnome](#)

- Meal #2
  - *Taco Bar*
  - *Proteins: Grilled Chicken, Carnitas*
  - *Tortillas: Flour and Corn*
  - *Toppings: Lettuce, Onions, Tomatoes, Sour Cream, Chihuahua Cheese*
  - *Sides: Dirty Rice, Chips, Fire Roasted Salsa, Guacamole*
  -

Wednesday, October 25th – [Proximo](#)

- Meal #1
  - *Cuban Marinated Chicken Breast*
  - *Pork Ribs*
  - *Spanish Rice with Pico de Gallo*
  - *Black Beans with Cotija Cheese*
  - *Roasted Squash*

Wednesday, November 1st – [Baker Street](#)

- Meal #1
  - *Chicken Alfredo*
  - *Pork Lasagna*
  - *Green Beans*
  - *Garlic Bread*

Wednesday, November 8th - [The Hopyy Gnome](#)

- Meal #1
  - *Sweet n' Smokey Pork Chop*
  - *Carolina BBQ Grilled Chicken*
  - *Garlic Herb Mash*
  - *Smoked Jalapeno Coleslaw*
  - *Fire Roasted Vegetable Medley*

Wednesday, November 15th – [Proximo](#)

- Meal #2
  - *Biscuits & Gravy*
  - *French Toast*
  - *Scrambled Eggs*
  - *Bacon*
  - *Fresh Fruit*

Wednesday, November 29th – Baker Street

Meal #2

- *Salisbury Steak*
- *Kansas City BBQ Chicken Breast*
- *Garlic Whipped Potatoes*
- *Green Beans*
- *Creamed Corn*

Wednesday, December 6th - The Hoppy Gnome

Meal #2

- *Taco Bar*
  - *Proteins: Grilled Chicken, Carnitas*
  - *Tortillas: Flour and Corn*
  - *Toppings: Lettuce, Onions, Tomatoes, Sour Cream, Chihuahua Cheese*
  - *Sides: Dirty Rice, Chips, Fire Roasted Salsa, Guacamole*

Wednesday, December 13th – Proximo

- Meal #1
  - *Cuban Marinated Chicken Breast*
  - *Pork Ribs*
  - *Spanish Rice with Pico de Gallo*
  - *Black Beans with Cotija Cheese*
  - *Roasted Squash*

Wednesday, December 20th – Baker Street

- Meal #1
  - *Chicken Alfredo*
  - *Pork Lasagna*
  - *Green Beans*
  - *Garlic Bread*

Wednesday, January 10th - [The Hoppy Gnome](#)

- Meal #1
  - *Sweet n' Smokey Pork Chop*
  - *Carolina BBQ Grilled Chicken*
  - *Garlic Herb Mash*
  - *Smoked Jalapeno Coleslaw*
  - *Fire Roasted Vegetable Medley*

Wednesday, January 17th – [Proximo](#)

- Meal #2
  - *Biscuits & Gravy*
  - *French Toast*
  - *Scrambled Eggs*
  - *Bacon*
  - *Fresh Fruit*

Wednesday, January 24th – [Baker Street](#)

- Meal #2
  - *Salisbury Steak*
  - *Kansas City BBQ Chicken Breast*
  - *Garlic Whipped Potatoes*
  - *Green Beans*
  - *Creamed Corn*

Wednesday, January 31st - [The Hoppy Gnome](#)

- Meal #2
  - *Taco Bar*
    - *Proteins: Grilled Chicken, Carnitas*
    - *Tortillas: Flour and Corn*
    - *Toppings: Lettuce, Onions, Tomatoes, Sour Cream, Chihuahua Cheese*
    - *Sides: Dirty Rice, Chips, Fire Roasted Salsa, Guacamole*

Wednesday, February 7th – [Proximo](#)

- Meal #1
  - *Cuban Marinated Chicken Breast*
  - *Pork Ribs*
  - *Spanish Rice with Pico de Gallo*
  - *Black Beans with Cotija Cheese*
  - *Roasted Squash*

Wednesday, February 14th To Be Announced!

Wednesday, February 21st – [Baker Street](#)

- Meal #1
  - *Chicken Alfredo*
  - *Pork Lasagna*
  - *Green Beans*
  - *Garlic Bread*

Wednesday, February 28th - [The Hoppy Gnome](#)

- Meal #1
  - *Sweet n' Smokey Pork Chop*
  - *Carolina BBQ Grilled Chicken*
  - *Garlic Herb Mash*
  - *Smoked Jalapeno Coleslaw*
  - *Fire Roasted Vegetable Medley*

Wednesday, March 6th – [Proximo](#)

- Meal #2
  - *Biscuits & Gravy*
  - *French Toast*
  - *Scrambled Eggs*
  - *Bacon*
  - *Fresh Fruit*

Wednesday, March 13th – [Baker Street](#)

- Meal #2
  - *Salisbury Steak*
  - *Kansas City BBQ Chicken Breast*
  - *Garlic Whipped Potatoes*
  - *Green Beans*
  - *Creamed Corn*
  -

Wednesday, March 20th - [The Hoppy Gnome](#)

- Meal #2
  - *Taco Bar*
    - *Proteins: Grilled Chicken, Carnitas*
    - *Tortillas: Flour and Corn*
    - *Toppings: Lettuce, Onions, Tomatoes, Sour Cream, Chihuahua Cheese*
    - *Sides: Dirty Rice, Chips, Fire Roasted Salsa, Guacamole*

Wednesday, March 27th – [Proximo](#)

- Meal #1
  - *Cuban Marinated Chicken Breast*
  - *Pork Ribs*
  - *Spanish Rice with Pico de Gallo*
  - *Black Beans with Cotija Cheese*
  - *Roasted Squash*

Wednesday, April 10th – [Baker Street](#)

- Meal #1
  - *Chicken Alfredo*
  - *Pork Lasagna*
  - *Green Beans*
  - *Garlic Bread*

Wednesday, April 17th - [The Hoppy Gnome](#)

- Meal #1
  - *Sweet n' Smokey Pork Chop*
  - *Carolina BBQ Grilled Chicken*
  - *Garlic Herb Mash*
  - *Smoked Jalapeno Coleslaw*
  - *Fire Roasted Vegetable Medley*

Wednesday, April 24th – [Proximo](#)

- Meal #2
  - *Biscuits & Gravy*
  - *French Toast*
  - *Scrambled Eggs*
  - *Bacon*
  - *Fresh Fruit*

Wednesday, May 1st – [Baker Street](#)

- Meal #2
  - *Salisbury Steak*
  - *Kansas City BBQ Chicken Breast*
  - *Garlic Whipped Potatoes*
  - *Green Beans*
  - *Creamed Corn*

Wednesday, May 8th - [The Hopy Gnome](#)

- Meal #2
  - *Taco Bar*
    - *Proteins: Grilled Chicken, Carnitas*
    - *Tortillas: Flour and Corn*
    - *Toppings: Lettuce, Onions, Tomatoes, Sour Cream, Chihuahua Cheese*
    - *Sides: Dirty Rice, Chips, Fire Roasted Salsa, Guacamole*

Wednesday, May 15th – [Proximo](#)

- Meal #1
  - *Cuban Marinated Chicken Breast*
  - *Pork Ribs*
  - *Spanish Rice with Pico de Gallo*
  - *Black Beans with Cotija Cheese*
  - *Roasted Squash*