

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
 - *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 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 Hoppy Gnome](#)

- Meal #2
 - *Sweet n' Smokey Pork Chop*
 - *Carolina BBQ Grilled Chicken*
 - *Garlic Herb Mash*
 - *Smoked Jalapeno Coleslaw*
 - *Fire Roasted Vegetable Medley*

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 Hoppy Gnome](#)

- Meal #1
 - *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, 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

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

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

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 Need to find this one!

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

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

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

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

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

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*