



## All Ages Lunch Menu September 2018

(1-2 Year Old Substitutions listed in parenthesis)

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

1-2 Year Olds – m/ma 1oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk

3-5 Year Olds – m/ma 1.5oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 2oz, fruit ½ c, vegetables ¾ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<b>September 3</b> <b>LABOR DAY</b> <b>CLOSED</b>	<b>September 4</b> <b>Sun Butter &amp; Grape Fruit Spread</b> Whole Wheat Bread Vegetable Fruit Milk	<b>September 5</b> <b>Beef and Broccoli</b> WG Dinner Roll Vegetable Fruit Milk <b>(Veggie Bean Stir Fry) V</b>	<b>September 6</b> <b>Pesto Chicken</b> WG Pasta Salad Vegetable Fruit Milk <b>(Tofu Pesto Pasta V</b>	<b>September 7</b> <b>Fish Tacos</b> Fish, Cheddar Cheese, Salsa, Sour Cream WG Tortilla Shell Vegetable Fruit Milk <b>(Bean Taco) V</b>
<b>September 10</b> <b>Breaded Chicken Snack Wrap</b> WG Soft Tortilla Shell Lite Mayo. Lettuce Vegetable Fruit Milk <b>(Falafels) V</b>	<b>September 11</b> <b>Beef BBQ Ribs</b> Quinoa Salad Vegetable Fruit Milk <b>(Baked Beans) V</b>	<b>September 12</b> <b>Balsamic Chicken</b> Vegetable WG Dinner Roll Fruit Milk <b>(Balsamic Tofu) V</b>	<b>September 13</b> <b>Italian Chicken Sausage w/ Peppers &amp; Onions</b> WG Sandwich Roll Vegetable Fruit Milk <b>(Garbanzo Beans) V</b>	<b>September 14</b> <b>Turkey Burger and American</b> WG Sandwich Roll Vegetable Fruit Ketchup Milk <b>(Veggie Burger) V</b>
<b>September 17</b> <b>Grilled Chicken</b> Brown Rice Vegetable Fruit Milk <b>(Falafels) V</b>	<b>September 18</b> <b>Tuna Salad Wrap on</b> WG Soft Tortilla Shell Vegetable Fruit Milk <b>(Lentil Salad) V</b>	<b>September 19</b> <b>Chicken Caesar Salad</b> Romaine Lettuce w/ Caesar Dressing <i>(Cooked Spinach)</i> Whole Grain Dinner Roll Fruit Milk <b>(Edamame) V</b>	<b>September 20</b> <b>Meatballs in Marinara Sauce</b> WG Hoagie Roll Shredded Mozzarella Cheese Vegetable Fruit Milk <b>(Veggie Bean Loaf in Sauce) V</b>	<b>September 21</b> <b>BBQ Chicken Snack Wrap</b> WG Soft Tortilla Shell and Lettuce Vegetable Fruit Milk <b>(Chic Pea Salad) V</b>
<b>September 24</b> <b>Beef Taco Salad</b> Lettuce, Salsa, SC Tortilla Strips <i>(WG Soft Tortilla Shell)</i> Vegetable Fruit Milk <b>(Refried Bean) V</b>	<b>September 25</b> <b>Scrambled Egg Patty</b> WG Pancake Fruit Spread Breakfast Potatoes Fruit Milk	<b>September 26</b> <b>Turkey &amp; American Cheese</b> WG Sandwich Roll Vegetable Fruit Milk <b>(Cheese Sandwich) V</b>	<b>September 27</b> <b>Mac &amp; Cheese</b> Whole Grain Pasta w/ Cheese Sauce Vegetable Fruit Milk	<b>September 28</b> <b>Chicken Salad on WG Sandwich Roll</b> Vegetable Fruit Milk <b>(Egg Salad on WG Roll) V</b>

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos