



All Ages Lunch Menu October 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
October 1 Beef Chili Brown Rice Vegetable Fruit Milk (Bean Chili) V	October 2 Turkey Ham & Cheese Sandwich WG Sandwich Roll Vegetable Fruit Milk Mustard (Egg Salad Sandwich)V	October 3 Grilled Chicken Parmesan WG Dinner Roll Vegetable Fruit Milk (Veggie Bean Stir Fry) V	October 4 Mac & Cheese Whole Grain Pasta w/ cheese sauce Vegetable Fruit Milk	October 5 Turkey w/ Gravy Corn Bread Vegetable Fruit Milk (Lentils w/ Gravy) V
October 8 Hamburger w/ American Cheese WG Sandwich Roll Vegetable Fruit Milk Ketchup (Veggie Burger) V	October 9 Sun Butter & Grape Fruit Spread Whole Wheat Bread Vegetable Fruit Milk	October 10 Pesto Chicken Pasta Salad w/ WG Pasta Vegetable Fruit Milk (Tofu Pesto Pasta V	October 11 Fish Sticks Tartar Sauce Vegetable Fruit Milk (Garbanzo Beans) V	October 12 Breaded Chicken Snack Wrap WG Soft Tortilla Shell Lite Mayo. Shredded Cheddar Cheese Vegetable Fruit Milk (Falafels) V
October 15 Beef BBQ Ribs Quinoa Salad Vegetable Fruit Milk (BBQ Beans) V	October 16 Balsamic Chicken Vegetable WG Dinner Roll Fruit Milk (Balsamic Tofu) V	October 17 Meatballs in Marinara Sauce WG Hoagie Roll Shredded Mozzarella Cheese Vegetable Fruit Milk (Edamame) V	October 18 Turkey Burger and American WG Sandwich Roll Vegetable Fruit Ketchup Milk (Veggie Burger) V	October 19 Grilled Chicken Brown Rice Vegetable Fruit Milk (Chic Pea Salad) V
October 22 Tuna Salad WG Sandwich Roll Vegetable Fruit Milk (Lentil Salad) V	October 23 Spanish Chicken Brown Rice and Beans Vegetable Fruit Milk (Spanish Tofu) V	October 24 Cheese Tortellini in Meat Sauce WG Dinner Roll Vegetable Fruit Milk (Cheese Tortellini in Marinara Sauce) V	October 25 BBQ Chicken Quinoa Salad Vegetable Fruit Milk (BBQ Beans)	October 26 Beef Taco WG Flour Tortilla Shredded Cheddar Cheese Salsa, Sour Cream Vegetable Fruit Milk (Refried Bean Taco) V
October 29 Scrambled Egg Patty Whole Wheat Bread Fruit Spread Breakfast Potatoes Fruit Milk	October 30 Turkey & American Cheese WG Sandwich Roll Vegetable Fruit Milk (Cheese Sandwich) V	October 31 Mac & Cheese w/ Diced Turkey Ham Whole Grain Pasta w/ cheese sauce Vegetable Fruit Milk (Mac & Cheese) V		

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