



All Ages Lunch Menu November 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 |
|---|---|--|--|--|
| | | | November 1 Turkey Ham & Cheese Sandwich WG Sandwich Roll Vegetable Fruit Milk Mustard (Egg Salad Sandwich) V | November 2 Grilled Chicken Parmesan WG Dinner Roll Vegetable Fruit Milk (Veggie Bean Stir Fry) V |
| November 5 Mac & Cheese WG Pasta w/Cheese Sauce Vegetable Fruit Milk | November 6 Turkey w/Gravy Corn Bread Vegetable Fruit Milk (Lentils w/Gravy) V | November 7 Hamburger w/American Cheese WG Sandwich Roll Vegetable Fruit Milk Ketchup (Veggie Burger) V | November 8 Sun Butter & Grape Fruit Spread Whole Wheat Bread Vegetable Fruit Milk | November 9 Chicken Pasta Salad w/WG Pasta Vegetable Fruit Milk (Tofu Pasta Salad) V |
| November 12 WG Chicken Nuggets Ketchup Vegetable Fruit Milk (Garbanzo Beans) V | November 13 Turkey & American Cheese WG Sandwich Roll Vegetable Fruit Milk (Cheese Sandwich) V | November 14 Beef BBQ Ribs Quinoa Salad Vegetable Fruit Milk (BBQ Beans) V | November 15 Balsamic Chicken WG Dinner Roll Vegetable Fruit Milk (Balsamic Tofu) V | November 16 Meatballs in Marinara Sauce WG Hoagie Roll Shredded Mozzarella Cheese Vegetable Fruit Milk (Edamame) V |
| November 19 Turkey Burger and American Cheese WG Sandwich Roll Vegetable Fruit Ketchup Milk (Veggie Burger) V | November 20 Grilled Chicken Brown Rice Vegetable Fruit Milk (Chick Pea Salad) V | November 21 Cheese Tortellini in Meat Sauce WG Dinner Roll Vegetable Fruit Milk (Cheese Tortellini in Marinara Sauce) V | Closed | |
| November 26 Scrambled Egg Patty Whole Wheat Bread Fruit Spread Breakfast Potatoes Fruit Milk | November 27 Breaded Chicken Snack Wrap WG Tortilla Shell Lite Mayo, Shredded Cheddar Cheese Vegetable Fruit Milk (Falafels) V | November 28 Pizza Bagel WG Bagel Tomato Sauce Mozzarella Cheese Vegetable Fruit Milk (Mac & Cheese) V | November 29 Spanish Chicken Brown Rice and Beans Vegetable Fruit Milk (Spanish Tofu) V | November 30 Beef Taco WG Flour Tortilla Shredded Cheese, Salsa, SC Vegetable Fruit Milk (Refried Bean Taco) 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