



Lunch Menu

January 2019

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
	January 1 CLOSED	January 2 Turkey and American Cheese WG Hoagie Roll Mayo Vegetable Fruit Milk (Cheese Sandwich) V	January 3 Scrambled Egg Patty Whole Wheat Bread Fruit Spread Breakfast Potatoes Fruit Milk	January 4 Mac & Cheese WG Pasta w/ Cheese Sauce Vegetable Fruit Milk
January 7 Breaded Chicken Snack Wrap WG Flour Tortilla Lite Mayo, Shredded Cheddar Cheese Vegetable Fruit Milk (Cheese Sandwich) V	January 8 Tuna Salad WG Pita Bread Vegetable Fruit Milk (Lentil Salad) V	January 9 Grilled Chicken Parmesan WG Pasta w/ Tomato Sauce Vegetable Fruit Milk (Veggie Bean Stir Fry) V	January 10 Sun Butter & Grape Fruit Spread Whole Wheat Bread Vegetable Fruit Milk	January 11 French Bread Pizza WG Bread Tomato Sauce Mozzarella Cheese Vegetable Fruit Milk
January 14 Balsamic Chicken Brown Rice Vegetable Fruit Milk (Balsamic Tofu) V	January 15 Turkey Sausage French Toast Sticks Breakfast Potatoes Fruit Milk (Veggie Sausage) V	January 16 French Bread Pizza WG Bread Marinara Sauce Mozzarella Cheese Vegetable Fruit Milk	January 17 Cheese Quesadilla on WG Flour Tortilla Sour Cream Vegetable Fruit Milk (Cheese Quesadilla) V	January 18 Chicken Broccoli Alfredo WG Pasta Fruit Milk (Tofu Broccoli Alfredo) V
January 21 Hamburger w/ American Cheese WG Sandwich Roll Vegetable Fruit Milk (Veggie Burger) V	January 22 Turkey Ham and American Cheese WG Hoagie Roll Vegetable Fruit Milk (Cheese Sandwich) V	January 23 Breakfast Burrito Egg Scramble w/ Turkey Ham and Cheddar Cheese WG Flour Tortilla Vegetable Fruit Milk (Plain Egg Scramble) V	January 24 WG Pasta w/ Meat Sauce Vegetable Fruit Milk (Pasta w/ Beans and Marinara Sauce) V	January 25 Spanish Chicken Brown Rice Vegetable Fruit Milk (Spanish Tofu) V
January 28 WG Chicken Nuggets Ketchup Vegetable Fruit Milk (Garbanzo Beans) V	January 29 Beef BBQ WG Sandwich Roll Vegetable Fruit Milk (Veggie Bean BBQ) V	January 30 Turkey Ham Steak Brown Rice Vegetable Fruit Milk (Veggie Burger) V	January 31 Swedish Meatballs WG Pasta w/ Swedish Gravy Vegetable Fruit Milk (Edamame) 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