



Dairy, Egg, Soy, Gluten Free Lunch Menu

February 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 Alternative

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
				February 1 Meat Sauce with Brown Rice Vegetable Fruit Milk Alternative
February 4 Grilled Chicken Bites Vegetable Fruit Milk Alternative	February 5 Grilled Tilapia Quinoa Vegetable Fruit Milk Alternative	February 6 Vegetable Beef and Rice Soup Vegetable Fruit Milk Alternative	February 7 Sautéed Chicken and Broccoli Brown Rice Fruit Milk Alternative	February 8 Grilled Chip Steak Quinoa Vegetable Fruit Milk Alternative
February 11 Grilled Chicken Brown Rice Vegetable Fruit Milk Alternative	February 12 Hearty Turkey and Quinoa Salad Vegetable Fruit Milk Alternative	February 13 Mexi – Chicken and Rice Bowl Vegetable Fruit Milk Alternative	February 14 Turkey Breakfast Sausage Rice Chex Breakfast Potatoes Fruit Milk Alternative	February 15 Meat Sauce with Brown Rice Vegetable Fruit Milk Alternative
February 18 Hamburger Quinoa Salad Vegetable Fruit Milk Alternative	February 19 Turkey Breakfast Sausage Rice Chex Vegetable Fruit Milk Alternative	February 20 Hearty Turkey Ham and Quinoa Salad Vegetable Fruit Milk Alternative	February 21 Vegetable Beef and Rice Soup WG Bread Stick Vegetable Fruit Milk Alternative	February 22 Spanish Chicken Brown Rice Vegetable Fruit Milk Alternative
February 25 Taco Beef Rice Bowl Vegetable Fruit Milk Alternative	February 26 Baked Beans Quinoa Vegetable Fruit Milk Alternative	February 27 Beef and Rice Stew Vegetable Fruit Milk Alternative	February 28 Chicken and Rice Soup Vegetable Fruit Milk Alternative	

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