



## Dairy and Egg 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
				<b>February 1</b> <b>Meat Ziti</b> WG Pasta w/ Meat Sauce Vegetable Fruit Milk Alternative
<b>February 4</b> <b>WG Chicken Nuggets</b> Ketchup Vegetable Fruit Milk Alternative	<b>February 5</b> <b>Vegan Tuna Salad</b> WG Pita Bread Vegetable Fruit Milk Alternative	<b>February 6</b> <b>Meat Sauce and Bread Stick Dippers</b> WG Bread Stick Vegetable Fruit Milk Alternative	<b>February 7</b> <b>Chicken and Broccoli Pasta</b> Diced Chicken with Broccoli WG Pasta Fruit Milk Alternative	<b>February 8</b> <b>Beef BBQ</b> WG Dinner Roll Vegetable Fruit Milk Alternative
<b>February 11</b> <b>Balsamic Chicken</b> Brown Rice Vegetable Fruit Milk Alternative	<b>February 12</b> <b>Turkey Hoagie</b> WG Hoagie Roll Vegetable Fruit Milk Alternative	<b>February 13</b> <b>Chicken Taco</b> Vegetable Fruit Milk Alternative	<b>February 14</b> <b>Turkey Sausage</b> Wheat Bread w/ Fruit Spread Breakfast Potatoes Fruit Milk Alternative	<b>February 15</b> <b>WG Pasta w/ Meat Sauce</b> Vegetable Fruit Milk Alternative
<b>February 18</b> <b>Hamburger</b> WG Sandwich Roll Vegetable Fruit Milk Alternative	<b>February 19</b> <b>Turkey Breakfast Sausage</b> Wheat Bread w/ Fruit Spread Salsa Vegetable Fruit Milk Alternative	<b>February 20</b> <b>Turkey Ham Hoagie</b> WG Hoagie Roll Vegetable Fruit Milk Alternative	<b>February 21</b> <b>Meat Sauce and Bread Stick Dippers</b> WG Bread Stick Vegetable Fruit Milk Alternative	<b>February 22</b> <b>Spanish Chicken</b> Brown Rice Vegetable Fruit Milk Alternative
<b>February 25</b> <b>Nachos</b> Taco Beef WG Tortilla Chips Salsa Vegetable Fruit Milk Alternative  "NATIONAL NACHO DAY"	<b>February 26</b> <b>Sun Butter &amp; Grape Fruit Spread</b> Whole Wheat Bread Vegetable Fruit Milk Alternative	<b>February 27</b> <b>Beef BBQ</b> WG Sandwich Roll Vegetable Fruit Milk Alternative	<b>February 28</b> <b>Breaded Chicken Snack Wrap</b> WG Flour Tortilla 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