



Dairy & Egg Free 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 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
	January 1 CLOSED	January 2 Sliced Turkey WG Hoagie Roll Mustard Vegetable Fruit Milk Alternative	January 3 Turkey Sausage Whole Wheat Bread Fruit Spread Breakfast Potatoes Fruit Milk Alternative	January 4 WG Pasta w/ Meat Sauce Vegetable Fruit Milk Alternative
January 7 Breaded Chicken Snack Wrap WG Flour Tortilla Vegetable Fruit Milk Alternative	January 8 Baked Tilapia WG Pita Bread Vegetable Fruit Milk Alternative	January 9 Grilled Chicken WG Pasta w/ Tomato Sauce Vegetable Fruit Milk Alternative	January 10 Sun Butter & Grape Fruit Spread Whole Wheat Bread Vegetable Fruit Milk Alternative	January 11 Hamburger WG Sandwich Roll Vegetable Fruit Milk Alternative
January 14 Balsamic Chicken Brown Rice Vegetable Fruit Milk Alternative	January 15 Turkey Sausage ½ English Muffin Breakfast Potatoes Fruit Milk Alternative	January 16 Hamburger WG Sandwich Roll Vegetable Fruit Milk Alternative	January 17 Spanish Chicken w. Rice Bowl Vegetable Fruit Milk Alternative	January 18 WG Pasta w/ Meat Sauce Vegetable Fruit Milk Alternative
January 21 Hamburger WG Sandwich Roll Vegetable Fruit Milk Alternative	January 22 Sliced Turkey Ham WG Hoagie Roll Mustard Vegetable Fruit Milk Alternative	January 23 Turkey Sausage Whole Wheat Bread Fruit Spread Breakfast Potatoes Fruit Milk Alternative	January 24 WG Pasta w/ Meat Sauce Vegetable Fruit Milk Alternative	January 25 Spanish Chicken Brown Rice Vegetable Fruit Milk Alternative
January 28 WG Chicken Nuggets Ketchup Vegetable Fruit Milk Alternative	January 29 Beef BBQ WG Sandwich Roll Vegetable Fruit Milk Alternative	January 30 Turkey Ham Steak Brown Rice Vegetable Fruit Milk Alternative	January 31 Hamburger WG Sandwich Roll 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