



Wheat & Soy 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

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 Roast Turkey Rice Mayo Vegetable Fruit Milk	January 3 Scrambled Egg Patty Quinoa Fruit Spread Corn Fruit Milk	January 4 Rice w. Meat Sauce Vegetable Fruit Milk
January 7 Spanish Chicken & Rice Bowl Vegetable Fruit Milk	January 8 Baked Tilapia Quinoa Vegetable Fruit Milk	January 9 Grilled Chicken Parmesan WG Rice Vegetable Fruit Milk	January 10 Lentil & Quinoa Salad Vegetable Fruit Milk	January 11 100% Ground Beef Patty Rice Vegetable Fruit Milk
January 14 Grilled Chicken Brown Rice Vegetable Fruit Milk	January 15 Turkey Sausage Quinoa Mixed Veg Fruit Milk	January 16 100% Ground Beef Patty Rice Vegetable Fruit Milk	January 17 Spanish Chicken & Rice Bowl Vegetable Fruit Milk	January 18 Rice w. Meat Sauce Vegetable Fruit Milk
January 21 100% Ground Beef Patty Rice Vegetable Fruit Milk	January 22 Roast Turkey Rice Mayo Vegetable Fruit	January 23 Turkey Sausage Quinoa Mixed Veg Fruit Milk	January 24 Rice w. Meat Sauce Vegetable Fruit Milk	January 25 Spanish Chicken & Rice Bowl Vegetable Fruit Milk
January 28 Grilled Chicken Brown Rice Vegetable Fruit Milk	January 29 Beef BBQ Quinoa Vegetable Fruit Milk	January 30 Turkey Ham Steak Brown Rice Vegetable Fruit Milk	January 31 100% Ground Beef Patty Rice Vegetable Fruit Milk	

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