



Lunch Menu

August 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
			August 1 Balsamic Chicken Brown Rice Vegetable Fruit Cocktail Milk (Balsamic Tofu) V	August 2 Chef Salad w/Diced Turkey and Turkey Ham Salad Mix Shredded Cheddar Cheese Dinner Roll Ranch Dressing Fruit Milk (Chef Salad w/ Egg and Cheese) V
August 5 Mac and Cheese WG Pasta w/Cheese Sauce Vegetable Fruit Milk	August 6 Chicken Wrap WG Flour Tortilla Shredded Cheddar Cheese Vegetable Fruit Milk (Falafel Veggie Wrap) V	August 7 Meatball Hoagie WG Hoagie Roll Vegetable Fruit Milk (Veggie Meatballs) V	August 8 Baked Beans w. Diced Turkey Ham Corn Bread Fruit Milk	August 9 Mandarin Chicken Salad Salad Mix W/Mandarin Oranges Dinner Roll Fruit Milk (Falafels on Salad) V
August 12 Turkey Sausage WG English Muffin w/Fruit Spread Breakfast Potatoes Fruit Milk (Veggie Sausage) V	August 13 Turkey and Cheese Hoagie WG Hoagie Roll American Cheese Vegetable Fruit Milk (Cheese Sandwich) V	August 14 Spanish Chicken Brown Rice Vegetable Fruit Milk (Spanish Tofu) V	August 15 Hamburger on WG Roll Vegetable Fruit Milk (Veggie Burger) V	August 16 Grilled Chicken Caesar Wrap Parmesan Cheese Romaine Lettuce WG Flour Tortilla Fruit Milk (Edamame Caesar Wrap) V
August 19 BBQ Chicken Patty Baked Beans Fruit Milk (Veggie Nuggets) V	August 20 Turkey Ham and Cheese Hoagie WG Hoagie Roll Vegetable Fruit Milk (Grilled Cheese Sandwich) V	August 21 Beef Taco Shredded Cheddar Cheese WG Flour Tortilla Vegetable Fruit Milk (Lentil Taco) V	August 22 Strawberry Spinach Salad w/Grilled Chicken Dinner Roll Italian Dressing Fruit Milk (Feta & Chic Pea Salad) V	August 23 Beef Chili Brown Rice Vegetable Fruit Milk (Veggie Bean Chili) V
August 26 Chicken Broccoli Alfredo WG Pasta Fruit Milk (Tofu Broccoli Alfredo) V	August 27 SunButter & Jelly Sandwich Whole Wheat Bread Vegetable Fruit Milk	August 28 BBQ Meatballs Macaroni Salad Tater Tots Vegetable Fruit Milk (Veggie Meatballs) V	August 29 Turkey Sausage French Toast Breakfast Potatoes Fruit Milk (Veggie Sausage) V	August 30 Balsamic Chicken Brown Rice Vegetable Fruit Cocktail Milk (Balsamic Tofu) V

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