

Main Lunch Menu

September 2020

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

1-2 Year Old – m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz 1% Plain Milk (*menu modifications in italics*)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 6oz 1% Plain Milk

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



Monday	Tuesday	Wednesday	Thursday	Friday
	September 1 Turkey Ham and Swiss Sandwich Potato Salad Fruit Milk Veggie Tofu Wrap	September 2 Baked Veggie Cheese Ziti Cooked Broccoli Fruit Milk	September 3 BBQ Meatballs WG Dinner Roll Peas Fruit Milk Veggie Meatballs	September 4 SunButter & Jelly Sandwich Carrot Sticks (<i>Chic Peas</i>) Ranch Dressing Fruit Milk
September 7 Turkey Chili Corn Bread Fruit Milk Veggie Chili	September 8 Grilled Chicken Hearty Vegetable Pasta Salad Fruit Milk Balsamic Tofu	September 9 Beef and Cheese Soft Taco Corn Salad Fruit Milk Bean Taco	September 10 Honey Turkey Ham Steaks Rice Pilaf Green Beans Fruit Milk Veggie Patty over Rice	September 11 Turkey & Provolone Wrap Cucumber Slices (<i>Diced and Peeled Cucumber</i>) Fruit Milk Falafel Wrap
September 14 Cheddar Cheese Burger WG Bun Potato Wedges Ketchup Fruit Milk Veggie Burger	September 15 Breaded Chicken Salad WG Bun Carrot Sticks (<i>Chic Peas</i>) Fruit Milk Lentil Salad	September 16 Mac and Cheese Cooked Broccoli Fruit Milk	September 17 Open Faced Roasted Turkey Sandwich with Gravy Corn Fruit Milk Veggie Patty on Wheat Bread	September 18 Tuna Salad Wrap Tomato Cucumber Salad Fruit Milk Veggie Tofu Wrap
September 21 Meatball Parm WG Garlic Toast Mixed Veg Fruit Milk Veggie Meatball Parm	September 22 Chicken Caesar Salad (<i>Chicken Caesar Wrap</i>) Dinner Roll 3+ Only Fruit Milk Veggie Caesar Wrap	September 23 BBQ Chicken Macaroni Salad Green Beans Fruit Milk BBQ Lentils	September 24 Flatbread Pizza Roll Up Dill Cucumber Salad Fruit Milk	September 25 Turkey Ham & American Hoagie WG Hoagie Roll Carrot Sticks (<i>Chic Peas</i>) Fruit Milk Falafel Hoagie
September 28 Maryland Chicken Dinner Roll Potatoes and Corn Fruit Milk Old Bay Tofu	September 29 Turkey and American on Bun Mayo Potato Salad Milk Sun butter and Jelly Sandwich	September 30 Chicken Tenders Honey Mustard Cooked Carrots Fruit Milk Veggie Meatball		

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