

## Main Lunch Menu

October 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
			<b>October 1</b> <b>Baked Veggie Cheese Ziti</b> Cooked Broccoli Fruit Milk	<b>October 2</b> <b>Turkey Ham and Swiss Sandwich</b> Potato Salad Fruit Milk <b>Veggie Tofu Wrap</b>
<b>October 5</b> <b>BBQ Meatballs</b> WG Dinner Roll Peas Fruit Milk <b>Veggie Meatballs</b>	<b>October 6</b> <b>SunButter &amp; Jelly Sandwich</b> Carrot Sticks ( <i>Chic Peas</i> ) Ranch Dressing Fruit Milk	<b>October 7</b> <b>Beef and Cheese Soft Taco</b> Corn Salad Fruit Milk <b>Bean Taco</b>	<b>October 8</b> <b>Turkey Sausage</b> French Toast Breakfast Potatoes Fruit Milk <b>Veggie Chili</b>	<b>October 9</b> <b>Grilled Chicken</b> Hearty Vegetable Pasta Salad Fruit Milk <b>Balsamic Tofu</b>
<b>October 12</b> <b>Honey Turkey Ham Steaks</b> Rice Pilaf Green Beans Fruit Milk <b>Veggie Patty over Rice</b>	<b>October 13</b> <b>Breaded Chicken Salad</b> WG Bun Carrot Sticks ( <i>Chic Peas</i> ) Fruit Milk <b>Lentil Salad</b>	<b>October 14</b> <b>Cheddar Cheese Burger</b> WG Bun Potato Wedges Ketchup Fruit Milk <b>Veggie Burger</b>	<b>October 15</b> <b>Mac and Cheese</b> Cooked Broccoli Fruit Milk	<b>October 16</b> <b>Turkey &amp; Provolone Wrap</b> Cucumber Slices ( <i>Diced and Peeled Cucumber</i> ) Fruit Milk <b>Falafel Wrap</b>
<b>October 19</b> <b>Open Faced Roasted Turkey Sandwich with Gravy</b> Corn Fruit Milk <b>Veggie Patty on Wheat Bread</b>	<b>October 20</b> <b>Tuna Salad Wrap</b> Tomato Cucumber Salad Fruit Milk <b>Veggie Tofu Wrap</b>	<b>October 21</b> <b>Meatball Parm</b> WG Garlic Toast Mixed Veg Fruit Milk <b>Veggie Meatball Parm</b>	<b>October 22</b> <b>BBQ Chicken</b> Macaroni Salad Green Beans Fruit Milk <b>BBQ Lentils</b>	<b>October 23</b> <b>Chicken Caesar Wrap</b> Fruit Milk <b>Veggie Caesar Wrap</b>
<b>October 26</b> <b>Flatbread Pizza Roll Up</b> Dill Cucumber Salad Fruit Milk	<b>October 27</b> <b>Turkey Ham &amp; American Hoagie</b> WG Hoagie Roll Carrot Sticks ( <i>Chic Peas</i> ) Fruit Milk <b>Falafel Hoagie</b>	<b>October 28</b> <b>Grilled Chicken</b> Dinner Roll Potatoes and Corn Fruit Milk <b>Tofu</b>	<b>October 29</b> <b>Chicken Tenders</b> Honey Mustard Cooked Carrots Fruit Milk <b>Veggie Meatball</b>	<b>October 30</b> <b>Turkey and American on Bun</b> Mayo Potato Salad Milk <b>Sun butter and Jelly Sandwich</b>

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