

## Main Lunch Menu

December 2020

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz Plain Whole Milk (*menu modifications in italics*)

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24months – 36months Old - m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz Plain 1% 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>December 1</b> <b>Turkey Ham and American Cheese Sandwich on WG Bread</b> Tomato/Cucumber Salad Fruit Milk <b>Veggie Tofu Wrap</b>	<b>December 2</b> <b>Baked Cheese Ziti w/ WG Pasta</b> Green Beans Fruit Milk	<b>December 3</b> <b>BBQ Meatballs</b> Brown Rice Corn Fruit Milk <b>Veggie Meatballs</b>	<b>December 4</b> <b>Grilled Chicken</b> Garden Salad w/ Ranch Dressing WG Dinner Roll Fruit Milk <b>Edamame</b>
<b>December 7</b> <b>Turkey Sausage</b> WG French Toast Breakfast Potatoes Fruit Milk <b>Veggie Chili</b>	<b>December 8</b> <b>SunButter &amp; Jelly Sandwich on WG Bread</b> Carrot Sticks (Peas) Ranch Dressing Fruit Milk	<b>December 9</b> <b>Beef and Cheese Soft Taco on WG Flour Tortilla</b> Corn Fruit Milk <b>Bean Taco</b>	<b>December 10</b> <b>Turkey Ham Steak</b> Brown Rice Roasted Sweet Potatoes Fruit Milk <b>Veggie Patty over Rice</b>	<b>December 11</b> <b>Grilled Chicken</b> Vegetable Pasta Salad w/ WG Pasta Fruit Milk <b>Balsamic Tofu</b>
<b>December 14</b> <b>Scrambled Egg w/ Cheese</b> WG Bagel Potato Wedges Ketchup Fruit Milk <b>Veggie Burger</b>	<b>December 15</b> <b>Chicken Caesar Wrap on WG Flour Tortilla</b> Fruit Milk <b>Veggie Caesar Wrap</b>	<b>December 16</b> <b>Mac and Cheese w/ WG Pasta</b> Cooked Broccoli Fruit Milk	<b>December 17</b> <b>Open Faced Roasted Turkey Sandwich with Gravy on WG Bread</b> Roasted Sweet Potatoes Fruit Milk <b>Veggie Patty on Wheat Bread</b>	<b>December 18</b> <b>Turkey &amp; Provolone Wrap on WG Flour Tortilla</b> Side Garden Salad w/ Italian Dressing ( <i>Diced and Peeled Cucumber</i> ) Fruit Milk <b>Falafel Wrap</b>
<b>December 21</b> <b>Meatball Parm</b> WG Garlic Toast Mixed Veg Fruit Milk <b>Veggie Meatball Parm</b>	<b>December 22</b> <b>Tuna Salad Wrap on WG Flour Tortilla</b> Carrot Sticks (Peas) Fruit Milk <b>Veggie Tofu Wrap</b>	<b>December 23</b> <b>BBQ Chicken</b> Brown Rice Green Beans Fruit Milk <b>BBQ Lentils</b>	<b>December 24</b> <b>Turkey and American on WG Bun</b> Mayo Tomato/Cucumber Salad Fruit Milk <b>Sun butter and Jelly Sandwich</b>	<b>December 25</b>
<b>December 28</b> <b>Flatbread Pizza Roll Up on WG Flatbread</b> Green Beans Fruit Milk	<b>December 29</b> <b>Turkey Ham &amp; American Hoagie</b> WG Hoagie Roll Carrot Sticks ( <i>Peas</i> ) Fruit Milk <b>Falafel Hoagie</b>	<b>December 30</b> <b>Grilled Chicken</b> WG Dinner Roll Potato Wedges Fruit Milk <b>Tofu</b>	<b>December 31</b> <b>SunButter &amp; Jelly Sandwich on WG Bread</b> Carrot Sticks (Peas) Ranch Dressing 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