

Main Lunch Menu

JANUARY 2021

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
				January 1 Grilled Chicken Garden Salad w/ Ranch Dressing WG Dinner Roll Fruit Milk Edamame
January 4 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk Veggie Chili	January 5 SunButter & Jelly Sandwich on WG Bread Carrot Sticks (Peas) Ranch Dressing Fruit Milk	January 6 Beef and Cheese Soft Taco on WG Flour Tortilla Corn Fruit Milk Bean Taco	January 7 Turkey Ham Steak Brown Rice Roasted Sweet Potatoes Fruit Milk Veggie Patty over Rice	January 8 Grilled Chicken Vegetable Pasta Salad w/ WG Pasta Fruit Milk Balsamic Tofu
January 11 Scrambled Egg w/ Cheese WG Bagel Potato Wedges Ketchup Fruit Milk Veggie Burger	January 12 Chicken Caesar Wrap on WG Flour Tortilla Fruit Milk Veggie Caesar Wrap	January 13 Mac and Cheese w/ WG Pasta Cooked Broccoli Fruit Milk	January 14 Open Faced Roasted Turkey Sandwich with Gravy on WG Bread Roasted Sweet Potatoes Fruit Milk Veggie Patty on Wheat Bread	January 15 Turkey & Provolone Wrap on WG Flour Tortilla Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Fruit Milk Falafel Wrap
January 18 Meatball Parm WG Garlic Toast Mixed Veg Fruit Milk Veggie Meatball Parm	January 19 Tuna Salad Wrap on WG Flour Tortilla Carrot Sticks (Peas) Fruit Milk Veggie Tofu Wrap	January 20 BBQ Chicken Brown Rice Green Beans Fruit Milk BBQ Lentils	January 21 Baked Cheese Ziti w/ WG Pasta Green Beans Fruit Milk	January 22 Turkey and American on WG Bun Mayo Tomato/Cucumber Salad Fruit Milk Sun butter and Jelly Sandwich
January 25 Flatbread Pizza Roll Up on WG Flatbread Green Beans Fruit Milk	January 26 Turkey Ham & American Hoagie WG Hoagie Roll Carrot Sticks (Peas) Fruit Milk Falafel Hoagie	January 27 Grilled Chicken WG Dinner Roll Potato Wedges Fruit Milk Tofu	January 28 BBQ Meatballs Brown Rice Corn Fruit Milk Veggie Meatballs	January 29 Chef Salad w/ Turkey and Cheese (Turkey & Cheese on WW Bread) WG Dinner Roll 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