



Lunch Menu

FEBRUARY 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)

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
February 1 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage	February 2 SunButter & Jelly Sandwich on WG Bread Carrot Sticks (Peas) Ranch Dressing Fruit Milk	February 3 Beef and Cheese Soft Taco on WG Flour Tortilla Corn & Black Bean Salad Fruit Milk Bean Taco	February 4 Turkey Ham Steak Brown Rice Sweet Potato Tots Fruit Milk Veggie Sausage	February 5 Grilled Chicken Garden Salad w/ Ranch Dinner Roll Fruit Milk Balsamic Tofu
February 8 Scrambled Egg w/ Cheese WG English Muffin w/ Fruit Spread Potato Wedges Ketchup Fruit Milk Veggie Burger	February 9 Chicken Caesar Wrap on WG Flour Tortilla Celery Sticks w/ Ranch Dressing Fruit Milk Edamame Caesar Wrap	February 10 Mac and Cheese w/ WG Pasta Cooked Broccoli Fruit Milk	February 11 Open Faced Roasted Turkey Sandwich with Gravy on WG Bread Sweet Potato Tots Fruit Milk Veggie Patty on Wheat Bread	February 12 Turkey & Provolone Wrap on WG Flour Tortilla Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Fruit Milk Chic Pea Wrap
February 15 Meatball Parm WG Garlic Toast Mixed Veg Fruit Milk Veggie Meatball Parm	February 16 Tuna Salad Wrap on WG Flour Tortilla Carrot Sticks (Peas) Fruit Milk Veggie Tofu Wrap	February 17 BBQ Chicken Brown Rice Green Beans Fruit Milk BBQ Lentils	February 18 Baked Cheese Ziti w/ WG Pasta Green Beans Fruit Milk	February 19 Turkey and American on WG Bun Mayo Tomato/Cucumber Salad Fruit Milk Sun butter and Jelly Sandwich
February 22 Grilled Chicken WG Dinner Roll Potato Wedges Fruit Milk Tofu	February 23 Turkey Ham & American Hoagie WG Hoagie Roll Carrot Sticks (<i>Peas</i>) Fruit Milk Chic Pea Wrap	February 24 Flatbread Pizza Roll Up on WG Flatbread Green Beans Fruit Milk	February 25 BBQ Meatballs Brown Rice Corn Fruit Milk Veggie Meatballs	February 26 Chef Salad w/ Turkey and Cheese (Turkey & Cheese on WW Bread) WG Dinner Roll Ranch Dressing Fruit Milk Chef Salad w/ Egg & Cheese

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