



## Dairy & Egg Free Lunch Menu

**APRIL 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 Alternative (*menu modifications in italics*)

24months – 36months Old - m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz Plain 1% Milk Alternative (*menu modifications in italics*)

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

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

Alternative

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>April 1</b>  Chicken Tenders Cooked Carrots Fruit Milk Alternative	<b>April 2</b>  WowButter & Grape Fruit Spread on WW Bread Carrot Sticks (Peas) Fruit Milk Alternative
<b>April 5</b>  Turkey Sausage ½ Eng Muffin Breakfast Potatoes Fruit Milk Alternative	<b>April 6</b>  Grilled Chicken & lettuce on WG Flour Tortilla Carrot Sticks Fruit Milk Alternative	<b>April 7</b>  Pasta w. Meat Sauce Green Beans Fruit Milk Alternative	<b>April 8</b>  BBQ Chicken Rice Potato Wedges Fruit Milk Alternative	<b>April 9</b>  Turkey on WG Bun Side Garden Salad w/ Italian Dressing ( <i>Diced and Peeled Cucumber</i> ) Fruit Milk Alternative
<b>April 12</b>  Beef BBQ Rice Mixed Veg Fruit Milk Alternative	<b>April 13</b>  Hearty Grilled Chicken Pasta Salad Carrot Sticks (peas) Fruit Milk Alternative	<b>April 14</b>  Hamburger WG Bun Potato Wedges Ketchup Fruit Milk Alternative	<b>April 15</b>  Pasta w. Meat Sauce Cooked Broccoli Fruit Milk Alternative	<b>April 16</b>  Turkey Wrap on WG Flour Tomato/Cucumber Salad Fruit Milk Alternative
<b>April 19</b>  Beef BBQ Rice Corn Fruit Milk Alternative	<b>April 20</b>  Chicken Pasta Salad Carrot Sticks (peas) Fruit Milk Alternative	<b>April 21</b>  Pasta w. Meat Sauce Green Beans Fruit Milk Alternative	<b>April 22</b>  Grilled Chicken WG Dinner Roll Potato Wedges Fruit Milk Alternative	<b>April 23</b>  Turkey Ham on WG Bun Carrot Sticks(Peas) Fruit Milk Alternative
<b>April 26</b>  Turkey Sausage WG English Muffin Breakfast Potatoes Fruit Milk Alternative	<b>April 27</b>  Turkey Ham Hoagie WG Hoagie Roll Carrot Sticks (peas) Fruit Milk Alternative	<b>April 28</b>  Beef Chili Brown Rice Cauliflower Fruit Milk Alternative	<b>April 29</b>  Steak Hoagie WG Hoagie Roll Potato Wedges Ketchup Fruit Milk Alternative	<b>April 30</b>  Garden Salad w/ Grilled Chicken (Chicken & Cheese Wrap 1-2) Dinner Roll Fruit Milk Alternative

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