



Lunch Menu

February 2022

This institution is an equal opportunity provider.

Family Style Menu

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk
(menu modifications in italics)

24months – 36months Old - m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain 1% Milk
(menu modifications in italics)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
January 31 Roast Turkey w/ Gravy WW Bread Green Beans Fruit Milk <i>Tofurky w/ Gravy</i>	February 1 Teriyaki Chicken Fried Brown Rice Peas and Carrots Mandarin Oranges Milk <i>Teriyaki Tofu</i> "Chinese New Year"	February 2 Turkey Ham & Cheese Sandwich Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Milk <i>SunButter & Grape Fruit Spread Sandwich on WW Bread</i>	February 3 WG Chicken Nuggets Potato Wedges Ketchup Fruit Cocktail Milk <i>Veggie Patty on Wheat Bread</i>	February 4 <i>WG Cheese Pizza</i> Carrot Sticks (cooked carrots) Ranch Fruit Milk
February 7 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks (Cooked Peas) Ranch Dressing Fruit Milk <i>SunButter & Grape Fruit Spread Sandwich on WW Bread</i>	February 8 Grilled Chicken WG Pasta w/ Alfredo Sauce and Broccoli Fruit Cocktail Milk <i>Veggie Patty on Wheat Bread</i> "National Fettucine Alfredo Day"	February 9 Roast Beef and American Cheese WG Sandwich Roll Tomato/Cucumber Salad Fruit Milk <i>Cheese Sandwich</i>	February 10 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk <i>Veggie Sausage</i>	February 11 WG Pizza w/ Turkey Sausage String Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk <i>WG Cheese Pizza</i>
February 14 Swedish Meatballs WG Dinner Roll Corn Fruit Milk <i>Veggie Meatballs</i>	February 15 Turkey Ham and Cheese on WW Bread Mayo Carrot Sticks w/ Ranch (cooked Carrots) Fruit Milk <i>Cheese Sandwich on WW Bread</i>	February 16 Grilled Chicken Garden Salad w/ Cheese & Tomato Ranch Dressing WG Dinner Roll w/ Butter Fruit Milk <i>Edamame</i>	February 17 Hamburger w/ American Cheese WG Sandwich Roll Sweet Potato Tots Fruit Milk <i>Veggie Burger</i>	February 18 <i>WG Cheese Pizza</i> Carrot Sticks (cooked carrots) Ranch Fruit Milk
February 21 <i>Yogurt</i> WG Plain Bagel w/ Cream Cheese Carrot Sticks/Cooked Carrots Ranch Dressing Fruit Milk	February 22 Beef BBQ WG Sandwich Roll Potato Wedges Ketchup Fruit Milk <i>Veggie Patty on Wheat Bread</i>	February 23 Turkey and American on WG Bun Mayo Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Fruit Milk <i>SunButter & Grape Fruit Spread Sandwich on WW Bread</i>	February 24 Mac and Cheese w/ WG Pasta Mixed Vegetables Fruit Milk	February 25 WG Pizza w/ Turkey Sausage String Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk <i>WG Cheese Pizza</i>
February 28 BBQ Meatballs Brown Rice Fresh Broccoli w/ Ranch Fruit Milk <i>Veggie Meatballs</i>				

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