



## Main Lunch Menu

September 2022

This institution is an equal opportunity provider.

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
<p><b>August 29</b>  <b>Turkey Ham &amp; Cheddar Cheese on WG Bun</b>            Baby Carrots (cooked carrots)            Fruit            Mayo            Milk  <b>Cheese sandwich on WG Bun</b></p>	<p><b>August 30</b>  <b>WG Chicken Tenders</b>            Mashed Potatoes            Fruit            Honey Mustard            Milk  <b>Veggie Nuggets</b></p>	<p><b>August 31</b>  <b>Meatballs in Marinara Sauce on WG Hoagie Roll</b>            Shredded Mozzarella Cheese            Green Beans            Fruit            Milk  <b>Veggie Meatballs</b></p>	<p><b>September 1</b>  <b>Roast Turkey w/ Gravy</b>            Whole Wheat Bread            Cooked Peas            Fruit            Butter            Milk  <b>Lentil BBQ</b></p>	<p><b>September 2</b>  <b>Cheese Sandwich on WW Bread</b>            Diced Cucumbers            Fruit            Mayonnaise            Milk</p>
<p><b>September 5</b>  <b>Hamburger</b>            Sliced Cheddar Cheese            WG Sandwich Bun            Sweet Potato Fries            Fruit            Milk  <b>Veggie Patty on Wheat Bread</b></p>	<p><b>September 6</b>  <b>Turkey &amp; Cheese Sandwich</b>            Whole Grain Sandwich Roll            Celery Sticks (Diced Tomatoes)            Fruit            Lite Ranch Dressing            Milk  <b>Egg Salad Sandwich on WG Roll</b></p>	<p><b>September 7</b>  <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b>            Side Garden Salad w/ garbanzo beans, tomato &amp; cucumber w/ Italian Dressing (Diced Cucumbers)            Fruit            Mozzarella String Cheese            Milk</p>	<p><b>September 8</b>  <b>Turkey BBQ</b>            WG Sandwich Roll            Roasted Potatoes            Fruit            Milk  <b>Lentil BBQ</b></p>	<p><b>September 9</b>  <b>Chicken Taco w/ Shredded Cheddar Cheese</b>            Lettuce &amp; Tomatoes            WG Flour Tortilla            Sour Cream            Fruit            Milk  <b>Bean Taco</b></p>
<p><b>September 12</b>  <b>Turkey Sausage</b>            WG French Toast            Breakfast Potatoes            Fruit            Milk  <b>Veggie Sausage</b></p>	<p><b>September 13</b>  <b>Mac &amp; Cheese w/ WG Pasta</b>            Peas &amp; Carrots            Fruit            Milk</p>	<p><b>September 14</b>  <b>Grilled Chicken</b>            Romaine Lettuce w/ Parmesan Cheese and Garbanzo Beans            WG Dinner Roll w/ Butter            Caesar Dressing            Fruit            Milk  <b>Edamame</b>  <b>Grilled Chicken, Dinner Roll &amp; Green Beans</b></p>	<p><b>September 15</b>  <b>Baked Ziti w/ Grilled Chicken</b>  <i>(WG Pasta w/ tomato sauce and mozz cheese)</i>            Cooked Carrots            Fruit            Milk  <b>Veggie Patty on Wheat Bread</b></p>	<p><b>September 16</b>  <b>Turkey &amp; Cheese on WW Bread</b>            Mayonnaise            Baby Carrots (Cooked Carrots)            Ranch Dressing            Pretzel Goldfish            Fruit            Milk  <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b></p>
<p><b>September 19</b>  <b>Chicken Patty Sandwich</b>            WG Sandwich Roll            Sweet Potato Fries            Fruit            Milk  <b>Veggie Burger</b></p>	<p><b>September 20</b>  <b>Beef &amp; Cheese Burrito on WG Flour Tortilla</b>            Corn            Fruit            Milk  <b>Bean Burrito</b></p>	<p><b>September 21</b>  <b>Turkey and Cheddar Cheese Chef Salad</b>            Romaine Lettuce w/ Tomato &amp; Cucumbers            Ranch Dressing            WG Dinner Roll            Fruit            Milk  <b>Edamame</b>  <b>Turkey &amp; Cheddar Cheese on Wheat Bread</b></p>	<p><b>September 22</b>  <b>Swedish Meatballs</b>            WG Pasta w/ Butter            Green Beans            Fruit            Milk  <b>Veggie Meatballs</b></p>	<p><b>September 23</b>  <b>Chicken Salad on WG Bun</b>            Carrot Sticks (Diced Tomatoes)            Fruit            Milk  <b>Cheese Sandwich on WW Bread</b></p>

September 26	September 27	September 28	September 29	September 30
<b>Turkey Ham Steak</b> Whole Wheat Bread Peas & Carrots Fruit Milk <b>Veggie Burger</b>	<b>Beef BBQ on WG Bun</b> Potato Wedges Fruit Milk <b>Veggie Bean BBQ</b>	<b>Grilled Chicken</b> Garden Salad w/ Cucumbers & Tomatoes Ranch Dressing WG Dinner Roll Fruit Milk <b>Edamame</b> <b>Grilled Chicken, Dinner Roll, Diced Cucumbers</b>	<b>Hamburger Macaroni &amp; Cheese w/ WG Pasta</b> Green Beans Fruit Milk <b>Mac &amp; Cheese</b>	<b>Turkey Ranch and Cheddar Cheese Wrap on WG Flour Tortilla</b> Garbanzo Beans Ranch Fruit Milk <b>Cheese Sandwich</b>

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