



Main Lunch Menu

January 2023

This institution is an equal opportunity provider.

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 2 Turkey Ham Steak WW Bread Peas Fruit Milk Veggie Burger	January 3 Turkey Sausage String Cheese (3+) WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage	January 4 Turkey & Cheddar Cheese on WW Bread Tomato/Cucumber Salad Mayonnaise Fruit Milk Cheese Sandwich	January 5 Mac & Cheese w/ WG Pasta Green Beans Fruit Milk	January 6 Chicken Salad Sandwich on WW Bread Carrot Sticks (Diced Tomatoes) Fruit Milk Egg Salad Sandwich on WG Roll
January 9 Turkey Ham Steak WW Bread Peas Fruit Milk Veggie Burger	January 10 Beef BBQ WG Sandwich Roll Sweet Potato Fries Fruit Milk Veggie Bean BBQ	January 11 SW Chicken on WG Flour Tortilla w/ Cheddar Cheese & Salsa Carrot Sticks w/ Ranch (Garbanzo Beans) Fruit Milk Edamame Wrap	January 12 Curry Chicken over Brown Rice Green Beans Fruit Milk Curry Tofu "National Curry Chicken Day"	January 13 Egg Patty w/ American Cheese English Muffin w/ Butter Breakfast Potatoes Fruit Milk
January 16 Taco Beef WG Tortilla Corn & Black Bean Salad Shredded Cheddar Cheese Fruit Milk Bean Burrito	January 17 Sweet & Sour Chicken Brown Rice Mixed Vegetables Fruit Milk Sweet & Sour Veggie Meat Balls	January 18 Turkey Ham & Cheddar Cheese on WW Bread Carrot Sticks (Diced Tomatoes) Fruit Mayo Milk Cheese Sandwich	January 19 Beef Chili Brown Rice Carrot Sticks Cooked Carrots Fruit Milk Bean Chili	January 20 Hamburger w/ Cheddar Cheese WG Sandwich Roll Baked Potato w/ Butter Ketchup Fruit Milk Veggie Patty w/ Cheddar Cheese
January 23 Baked Ziti w/ Ground Beef <i>(WG Pasta w/ tomato sauce and mozz cheese)</i> Mixed Vegetables Fruit Milk Veggie Meatball Parm	January 24 WG Chicken Tenders Mashed Potatoes Honey Mustard Fruit Milk Veggie Nuggets	January 25 Turkey & Cheese Sandwich WG Sandwich Roll Tomato/Cucumber Salad Ranch Dressing Fruit Milk Cheese Sandwich	January 26 Swedish Meatballs WG Pasta w/ Butter Cooked Carrots Fruit Milk Veggie Meatballs	January 27 BBQ Chicken & Cheese on WG Flour Tortilla Carrot Sticks (Diced Tomatoes) Fruit Milk Tofu BBQ
January 30 Shepherd's Pie (ground beef, mashed potatoes, peas, gravy) WG Dinner Roll Fruit Milk Lentil Pie	January 31 Chicken Patty Mixed Vegetables BBQ Sauce Fruit Milk Veggie Burger	February 1 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese WG Dinner Roll Caesar Dressing Fruit Milk Edamame Grilled Chicken, Dinner Roll & Green Beans	February 2 Meatballs in Marinara Sauce w/ Shredded Mozzarella Cheese WG Hoagie Roll Green Beans Fruit Milk Veggie Meatballs	February 3 Turkey & Cheese on WW Bread Mayonnaise Carrots Sticks (Garbanzo Beans) Ranch Dressing Fruit Milk Cheese Sandwich

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