



Main Lunch Menu February 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 30 Shepherd's Pie (ground beef, mashed potatoes, peas, gravy) WG Dinner Roll Fruit Milk Lentil Pie	January 31 WG 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, WG Dinner Roll & Green Beans (1-2 yr old)	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 w/ Ranch (Garbanzo Beans) Fruit Milk Cheese Sandwich
February 6 Turkey Sausage String Cheese (3+) WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage	February 7 Chicken Broccoli Alfredo Pasta w/ WG Pasta Fruit Milk Tofu Broccoli Alfredo "Alfredo Day"	February 8 Turkey & Cheddar Cheese on WW Bread Tomato/Cucumber Salad Mayonnaise Fruit Milk Cheese Sandwich	February 9 Chicken Salad Sandwich on WW Bread Carrot Sticks (Diced Tomatoes) Fruit Milk Egg Salad Sandwich on WW Bread	February 10 Taco Beef w/ Shredded Cheddar Cheese WG Tortilla Corn & Black Bean Salad Fruit Milk Bean Burrito
February 13 Baked Ziti w/ Ground Beef (WG Pasta w/ tomato sauce and mozz cheese) Mixed Vegetables Fruit Milk Veggie Meatball Parm "Italian Food Day"	February 14 Balsamic Grilled Chicken Brown Rice Green Beans Fruit Milk Balsamic Tofu	February 15 Chef Salad (Diced Turkey, Diced Turkey Ham) WG Dinner Roll Ranch Dressing Fruit Milk Chic Pea Garden Salad Turkey & Cheddar Cheese, WG Dinner Roll, Peeled and Diced Cucumbers (1-2 yr old)	February 16 SW Chicken on WG Flour Tortilla w/ Cheddar Cheese & Salsa Carrot Sticks w/ Ranch (Garbanzo Beans) Fruit Milk Edamame Wrap	February 17 Beef BBQ WG Sandwich Roll Baked Potato Fruit Milk Veggie Bean BBQ
February 20 Hamburger w/ Cheddar Cheese WG Sandwich Roll Mixed Vegetables Ketchup Fruit Milk Veggie Patty w/ Cheddar Cheese	February 21 Sweet & Sour Chicken Brown Rice Cooked Carrots Fruit Milk Sweet & Sour Veggie Meat Balls	February 22 Turkey Ham & Cheddar Cheese on WW Bread Carrot Sticks (Diced Tomatoes) Fruit Mayo Milk Cheese Sandwich	February 23 Beef Chili WG Biscuit Mashed Potatoes Fruit Milk Bean Chili "National Chili Day"	February 24 Egg Patty w/ American Cheese WG English Muffin w/ Butter Breakfast Potatoes Fruit Milk
February 27 Mac & Cheese w/ WG Pasta Green Beans Fruit Milk	February 28 Swedish Meatballs Brown Rice Peas Fruit Milk Veggie Meatballs	March 1 BBQ Chicken & Cheese on WG Flour Tortilla Carrot Sticks (Garbanzo Beans) Fruit Milk Tofu BBQ	March 2 Turkey & Cheese Sandwich WG Sandwich Roll Tomato/Cucumber Salad Ranch Dressing Fruit Milk Cheese Sandwich	March 3 WG Chicken Tenders Mashed Potatoes Honey Mustard Fruit Milk Veggie Nuggets

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