



Main Lunch Menu

September 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 – 36 months 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
September 4 LABOR DAY	September 5 Italian Turkey Sandwich Carrot Sticks (garbanzo beans 1-2) Ranch Mayonnaise Fruit Milk Cheese Sandwich	September 6 Italian Chicken Pasta Salad (Grilled Chicken over WG Pasta, peas, cheddar cheese and Italian Dressing) Tomato Cucumber Salad Fruit Milk Edamame Pasta Salad	September 7 Taco Beef w. Cheddar Cheese WG Flour Tortilla Corn Fruit Milk Bean Burrito	September 8 Turkey BBQ Brown Rice Peas Fruit Milk Lentil BBQ
September 11 Turkey Burger Sliced Cheddar Cheese WG Sandwich Roll Green Beans Fruit Milk Veggie Burger	September 12 Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese over WG Pasta Peas Fruit Milk Veggie Meatball Parmesan	September 13 Chicken, Turkey Pepperoni & Cheese Sandwich on WW Bun Carrot Sticks (Garbanzo Beans) Ranch Dressing Fruit Milk Sunbutter & Grape Sandwich	September 14 Turkey Sausage String Cheese (3+) WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage	September 15 Grilled Chicken Garden Salad Romaine Lettuce with tomatoes and Cucumbers Italian Dressing WG Dinner Roll Fruit Milk Grilled Chicken Wrap with Cheddar cheese and diced cucumbers (1-2-year-old) Tofu Garden Salad
September 18 WG Chicken Tenders Mashed Potatoes Ketchup Fruit Milk Veggie Nuggets	September 19 Mac & Cheese w. WG Pasta Cooked Carrots Fruit Milk	September 20 Turkey Ham & Cheese on WG Bun Fresh Broccoli (Garbanzo Beans) Mayo Ranch Dressing Fruit Milk Sunbutter & Grape Sandwich	September 21 Swedish Meatballs Brown Rice Peas Fruit Milk Veggie Meatballs	September 22 WG Pancake w/ Chicken Sausage and Cheese Sandwich String Cheese (3+) Tomato/Cucumber Salad Fruit Milk Pancake and Veggie Sausage
September 25 Hamburger w/ American Cheese on WG Sandwich Roll Carrot Sticks w/Ranch Dressing (Garbanzo Beans 1-2) Ketchup Fruit Milk Veggie Burger	September 26 Chicken, Broccoli, Cheddar Cheese and Brown Rice Bake Mixed Vegetables Fruit Milk Lentil, Broccoli, Cheddar, Rice Bake	September 27 Turkey & Cheese Sandwich on WG Bread Cucumbers Ranch Dressing Mayo Fruit Milk Sunbutter & Grape Sandwich	September 28 WG Chicken Patty Ketchup Green Beans Fruit Milk Veggie Nuggets	September 29 Italian Meatball Hoagie w/ Provolone Cheese WG Hoagie Roll Peas Fruit Milk Veggie Meatballs

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