



Main Lunch Menu – Dairy & Egg Free

January 2024

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk

Alternative (*menu modifications in italics*)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk Alternative (*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 Alternative

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

Monday	Tuesday	Wednesday	Thursday	Friday
January 1 HAPPY NEW YEAR!	January 2 Grilled Chicken Breast WG Bun Cooked Carrots Fruit Milk Alternative	January 3 WG Pasta w/Meat Sauce Peas Fruit Milk Alternative	January 4 Turkey Ham on WG Bun Tomato & Cucumber Salad (Peeled and Diced Tomato & Cucumber Salad 1-2) Fruit Milk Alternative	January 5 Beef BBQ Brown Rice Broccoli (Green Beans) Milk Alternative
January 8 Turkey on WG Bun Carrot Sticks (<i>Cooked Carrots</i>) Fruit Milk Alternative	January 9 Turkey Sausage Vegan French Toast Tomato and Cucumber Salad (Peeled and Diced Tomato and Cucumber Salad) Fruit Milk Alternative	January 10 WG Pasta w/Meat Sauce Mixed Vegetables Fruit Milk Alternative	January 11 Chicken BBQ on WG Hoagie Roll Corn Fruit Milk Alternative	January 12 Grilled Chicken Brown Rice Fresh Broccoli (Peas) Fruit Milk Alternative <i>National Curry Chicken Day!</i>
January 15 Turkey on WG Bun Carrot Sticks (Cooked Carrots) Fruit Milk Alternative	January 16 WG Chicken Tenders Cooked Carrots Ketchup Fruit Milk Alternative	January 17 Turkey Burger WG Sandwich Roll Green Beans Fruit Milk Alternative	January 18 Taco Beef Brown Rice Corn & Black Bean Salad Fruit Milk Alternative	January 19 Turkey on WG Bun Tomato and Cucumber Salad (Peeled and Diced Tomato and Cucumber Salad) Fruit Milk Alternative
January 22 Grilled Chicken Red Beans & Rice Fruit Milk Alternative <i>National Southern Food Day!</i>	January 23 Beef BBQ Rice Carrot Sticks (Cooked Carrots 1-2) Fruit Milk Alternative	January 24 Turkey Ham Sandwich Tomato and Cucumber Salad (Peeled and Diced Tomato and Cucumber Salad) Fruit Milk Alternative	January 25 Grilled Chicken Rice Cooked Carrots Fruit Milk Alternative	January 26 WG Pasta w/Meat Sauce Fresh Broccoli (Peas) Fruit Milk Alternative
January 29 Turkey Ham Sandwich Carrot Sticks (Cooked Carrots) Fruit Milk Alternative	January 30 Turkey Sausage Vegan French Toast Breakfast Potatoes Fruit Milk Alternative	January 31 Grilled Chicken Rice Mixed Vegetables Fruit Milk Alternative	February 1 Hamburger Slider WG Bun Green Beans Fruit Milk Alternative	February 2 Grilled Chicken w/Marinara Sauce WG Pasta Fresh Broccoli (Peas) Fruit Milk Alternative

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