



## Main Lunch - Wheat & Soy 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

*(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 *(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

| <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  |
|---|--|---|---|--|
| <b>January 1</b><br><br><b>HAPPY NEW YEAR!</b>  | <b>January 2</b><br><b>Grilled Chicken Breast</b><br>GF Bun<br>Cooked Carrots<br>Fruit<br>Milk                                 | <b>January 3</b><br><b>GF Pasta w/Meat Sauce</b><br>Peas<br>Fruit<br>Milk   | <b>January 4</b><br><b>Turkey Ham on GF Bun</b><br>Tomato & Cucumber Salad<br>(Peeled and Diced Tomato & Cucumber Salad 1-2)<br>Fruit<br>Milk | <b>January 5</b><br><b>Beef BBQ</b><br>Brown Rice<br>Broccoli (Green Beans)<br>Milk  |
| <b>January 8</b><br><b>Turkey on GF Bun</b><br>Carrot Sticks<br>Fruit<br>Milk   | <b>January 9</b><br><b>Turkey Sausage</b><br>String Cheese (3+ Only)<br>GF Bagel<br>Tomato and Cucumber Salad<br>Fruit<br>Milk | <b>January 10</b><br><b>GF Pasta w/Meat Sauce</b><br>Mixed Vegetables<br>Fruit<br>Milk  | <b>January 11</b><br><b>Chicken BBQ</b><br>Brown Rice<br>Corn<br>Fruit<br>Milk  | <b>January 12</b><br><b>Grilled Chicken</b><br>Brown Rice<br>Fresh Broccoli (Peas)<br>Fruit<br>Milk<br><br><b><i>National Curry Chicken Day!</i></b> |
| <b>January 15</b><br><b>Turkey on GF Bun</b><br>Carrot Sticks (Cooked Carrots)<br>Fruit<br>Milk                                   | <b>January 16</b><br><b>Grilled Chicken</b><br>Mashed Potatoes<br>Cooked Carrots<br>Ketchup<br>Fruit<br>Milk                   | <b>January 17</b><br><b>100% Ground Beef Patty w/ Cheese</b><br>GF Sandwich Roll<br>Green Beans<br>Fruit<br>Milk                        | <b>January 18</b><br><b>Taco Beef</b><br>Cheddar Cheese<br>Brown Rice<br>Corn & Black Bean Salad<br>Fruit<br>Milk                             | <b>January 19</b><br><b>Turkey on GF Bun</b><br>Tomato and Cucumber Salad<br>(Peeled and Diced Tomato and Cucumber Salad)<br>Fruit<br>Milk           |
| <b>January 22</b><br><b>Grilled Chicken</b><br>Red Beans & Rice<br>Fruit<br>Milk<br><br><b><i>National Southern Food Day!</i></b> | <b>January 23</b><br><b>Beef BBQ</b><br>Brown Rice<br>Carrot Sticks (Cooked Carrots 1-2)<br>Fruit<br>Milk                      | <b>January 24</b><br><b>Turkey on GF Bun</b><br>Tomato and Cucumber Salad (Peeled and Diced Tomato and Cucumber Salad)<br>Fruit<br>Milk | <b>January 25</b><br><b>Grilled Chicken</b><br>Rice<br>Cooked Carrots<br>Fruit<br>Milk  | <b>January 26</b><br><b>GF Pasta w/Meat Sauce</b><br>Fresh Broccoli (Peas)<br>Fruit<br>Milk  |
| <b>January 29</b><br><b>Turkey on GF Bun</b><br>Carrot Sticks (Cooked Carrots)<br>Fruit<br>Milk                                   | <b>January 30</b><br><b>Turkey Sausage</b><br>GF Bagel<br>Breakfast Potatoes<br>Fruit<br>Milk                                  | <b>January 31</b><br><b>Grilled Chicken</b><br>Rice<br>Mixed Vegetables<br>Fruit<br>Milk  | <b>February 1</b><br><b>100% Ground Beef Patty w/ Cheese</b><br>GF Bun<br>Green Beans<br>Fruit<br>Milk  | <b>February 2</b><br><b>Grilled Chicken w/Marinara Sauce</b><br><b>GF Pasta</b><br>Fresh Broccoli (Peas)<br>Fruit<br>Milk                            |

*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