



**Main Lunch Menu
February 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

Monday	Tuesday	Wednesday	Thursday	Friday
January 29 Turkey and Cheese Sandwich on WG Bread Carrot Sticks (Cooked Carrots) Ranch Dressing Mayo Fruit Milk Cheese Sandwich	January 30 Egg Patty & Cheese WG Bagel Breakfast Potatoes Fruit Milk	January 31 Chicken, Cheddar Cheese, and Brown Rice Bake Mixed Vegetables Fruit Milk Tofu, Cheddar, Rice Bake	February 1 Hamburger Slider w/Cheddar Cheese WG Bun Tater Tots Fruit Milk Veggie Burger	February 2 Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese WG Pasta Fresh Broccoli (Peas) Ranch Dressing Fruit Milk Veggie Meatball Parm
February 5 Pizza Bagel w/ Mozzarella Cheese and Tomato Sauce Carrot Sticks w/ Ranch Dressing (Cooked Carrots) Fruit Milk	February 6 Turkey Sausage String Cheese (3+ Only) WG French Toast Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk French Toast and Veggie Sausage	February 7 Mac & Cheese w. WG Pasta Mixed Vegetables Fruit Milk	February 8 Italian Meatball Parmesan Sandwich on WG Hoagie Roll Corn Fruit Milk Veggie Meatball Parmesan	February 9 Teriyaki Chicken Brown Rice Fresh Broccoli (Peas) Ranch Dressing Mandarin Oranges Fortune Cookie Milk Teriyaki Tofu <i>Chinese New Year!</i>
February 12 Turkey & Cheese Sandwich on WG Bun Carrot Sticks (Cooked Carrots) Mayonnaise Ranch Dressing Fruit Milk Sunbutter & Grape Sandwich	February 13 BBQ Meatballs Buttered Noodles Fresh Broccoli (Peas) Fruit Milk BBQ Veggie Meatballs	February 14 Turkey Sausage w/ Gravy String Cheese (3+) Tater Tots WG Biscuit Fruit Milk Lentils & Gravy	February 15 WG Chicken Fingers Cooked Carrots Fruit Milk Veggie Nuggets	February 16 Taco Beef w/Cheddar Cheese Brown Rice Corn & Black Bean Salad Fruit Milk Bean Burrito
February 19 Italian Chicken Pasta Salad Carrot Sticks (Cooked Carrots) Ranch Dressing Fruit Milk Edamame Pasta Salad	February 20 Beef BBQ WG Bun Peas Fruit Milk Veggie Burger	February 21 Mac & Cheese w. WG Pasta Mixed Vegetables Fruit Milk	February 22 Turkey Sausage String Cheese (3+ Only) WG Pancake Breakfast Potatoes Fruit Milk WG Pancake and Veggie Sausage <i>National Pancake Week</i>	February 23 Grilled Chicken Red Beans & Rice Fruit Milk Veggie Nuggets
February 26 Turkey and Cheese Sandwich on WG Bun Carrot Sticks w/Ranch (Cooked Carrots) Mayonnaise Fruit Milk Cheese Sandwich	February 27 WG Chicken Fingers Mashed Potatoes Fruit Milk Veggie Nuggets	February 28 Beef Chili WG Dinner Roll Broccoli (Corn) Ranch Dressing Fruit Milk Veggie Bean Chili <i>National Chili Day!</i>	February 29 Swedish Meatballs Brown Rice Diced Cucumbers (Peas) Fruit Milk Veggie Meatballs	March 1 Turkey Burger WG Sandwich Roll Green Beans Fruit Milk Veggie Burger

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