



## Lunch Menu

October 2019

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

1-2 Year Olds – m/ma 1oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk

3-5 Year Olds – m/ma 1.5oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 2oz, fruit ½ c, vegetables ¾ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>October 1</b> <b>Turkey w/ Gravy</b> Dinner Roll Vegetable Baked Apples Milk <b>(Lentils w/ Gravy) V</b>	<b>October 2</b> <b>Grilled Chicken Caesar Wrap</b> Parmesan Cheese Romaine Lettuce WG Flour Tortilla Fruit Milk <b>(Edamame Caesar Wrap) V</b>	<b>October 3</b> <b>Fish Stick Taco</b> Shredded Cheddar Cheese  WG Flour Tortilla  Vegetable Fruit Milk <b>(Veggie Nuggets) V</b>	<b>October 4</b> <b>Chef Salad w/Diced Turkey and Turkey Ham</b> Salad Mix Shredded Cheddar Cheese Dinner Roll Ranch Dressing Fruit Milk <b>(Chef Salad w/ Egg and Cheese) V</b>
<b>October 7</b> <b>Chicken Wrap</b> WG Flour Tortilla Shredded Cheddar Cheese Vegetable Fruit Milk <b>(Falafel Veggie Wrap) V</b>	<b>October 8</b> <b>Mac and Cheese</b> WG Pasta w/Cheese Sauce Vegetable Fruit Milk	<b>October 9</b> <b>Meatball Hoagie</b> WG Hoagie Roll Vegetable Fruit Milk <b>(Veggie Meatballs) V</b>	<b>October 10</b> <b>English Muffin Pizza</b> WG English Muffin Marinara Sauce Shredded Mozzarella Cheese Vegetable Fruit Milk	<b>October 11</b> <b>Grilled Chicken</b> Garden Salad Dinner Roll Fruit Milk <b>(Falafels on Salad) V</b> <b>(1-2 Grilled Chicken and Green Beans)</b>
<b>October 14</b> <b>Turkey Sausage</b> WG French Toast Breakfast Potatoes Fruit Milk <b>(Veggie Sausage) V</b>	<b>October 15</b> <b>Spanish Chicken</b> Brown Rice Vegetable Fruit Milk <b>(Spanish Tofu) V</b>	<b>October 16</b> <b>Turkey and Cheese Hoagie</b> WG Hoagie Roll American Cheese Vegetable Fruit Milk <b>(Cheese Sandwich) V</b>	<b>October 17</b> <b>Beef Chili</b> Dinner Roll Vegetable Fruit Milk <b>(Veggie Bean Chili) V</b>	<b>October 18</b> <b>Chicken Stir Fry</b> Brown Rice Stir Fry Vegetable Mix Fruit Milk <b>(Tofu Stir Fry) V</b>
<b>October 21</b> <b>BBQ Chicken Patty</b> Vegetable  Fruit Milk <b>(Veggie Nuggets) V</b>	<b>October 22</b> <b>Turkey Ham and Cheese Hoagie</b> WG Hoagie Roll Vegetable Fruit Milk <b>(Grilled Cheese Sandwich) V</b>	<b>October 23</b> <b>Beef Taco</b> Shredded Cheddar Cheese WG Flour Tortilla Vegetable Fruit Milk <b>(Lentil Taco) V</b>	<b>October 24</b> <b>SunButter &amp; Jelly Sandwich</b> Whole Wheat Bread Vegetable Fruit Milk	<b>October 25</b> <b>Swedish Meatballs</b> Dinner Roll Vegetable Fruit Milk <b>(Veggie Meatballs) V</b>
<b>October 28</b> <b>Chicken Broccoli Alfredo</b> WG Pasta Fruit Milk <b>(Tofu Broccoli Alfredo) V</b>	<b>October 29</b> <b>Tuna Salad Sandwich</b> ½ Pita Bread Vegetable Fruit Milk <b>(Feta &amp; Chic Pea Salad) V</b>	<b>October 30</b> <b>Hamburger on WG Bun</b> Vegetable Fruit Milk <b>(Veggie Burger) V</b>	<b>October 31</b> <b>Scrambled Egg</b> WG English Muffin w/ Butter Breakfast Potatoes Fruit Milk <b>(Veggie Sausage) V</b>	

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