



All Ages Lunch Menu September 2018

(1-2 Year Old Substitutions listed in parenthesis)

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
September 3 LABOR DAY CLOSED	September 4 Sun Butter & Grape Fruit Spread Whole Wheat Bread Vegetable Fruit Milk	September 5 Beef and Broccoli WG Dinner Roll Vegetable Fruit Milk (Veggie Bean Stir Fry) V	September 6 Pesto Chicken WG Pasta Salad Vegetable Fruit Milk (Tofu Pesto Pasta V	September 7 Fish Tacos Fish, Cheddar Cheese, Salsa, Sour Cream WG Tortilla Shell Vegetable Fruit Milk (Bean Taco) V
September 10 Breaded Chicken Snack Wrap WG Soft Tortilla Shell Lite Mayo. Lettuce Vegetable Fruit Milk (Falafels) V	September 11 Beef BBQ Ribs Quinoa Salad Vegetable Fruit Milk (Baked Beans) V	September 12 Balsamic Chicken Vegetable WG Dinner Roll Fruit Milk (Balsamic Tofu) V	September 13 Italian Chicken Sausage w/ Peppers & Onions WG Sandwich Roll Vegetable Fruit Milk (Garbanzo Beans) V	September 14 Turkey Burger and American WG Sandwich Roll Vegetable Fruit Ketchup Milk (Veggie Burger) V
September 17 Grilled Chicken Brown Rice Vegetable Fruit Milk (Falafels) V	September 18 Tuna Salad Wrap on WG Soft Tortilla Shell Vegetable Fruit Milk (Lentil Salad) V	September 19 Chicken Caesar Salad Romaine Lettuce w/ Caesar Dressing <i>(Cooked Spinach)</i> Whole Grain Dinner Roll Fruit Milk (Edamame) V	September 20 Meatballs in Marinara Sauce WG Hoagie Roll Shredded Mozzarella Cheese Vegetable Fruit Milk (Veggie Bean Loaf in Sauce) V	September 21 BBQ Chicken Snack Wrap WG Soft Tortilla Shell and Lettuce Vegetable Fruit Milk (Chic Pea Salad) V
September 24 Beef Taco Salad Lettuce, Salsa, SC Tortilla Strips <i>(WG Soft Tortilla Shell)</i> Vegetable Fruit Milk (Refried Bean) V	September 25 Scrambled Egg Patty WG Pancake Fruit Spread Breakfast Potatoes Fruit Milk	September 26 Turkey & American Cheese WG Sandwich Roll Vegetable Fruit Milk (Cheese Sandwich) V	September 27 Mac & Cheese Whole Grain Pasta w/ Cheese Sauce Vegetable Fruit Milk	September 28 Chicken Salad on WG Sandwich Roll Vegetable Fruit Milk (Egg Salad on WG Roll) V

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