



All Ages Lunch Menu October 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
October 1 Beef Chili/ Chili de carne Brown Rice/Arroz integral Vegetable /Vegetales Fruit/Fruta Milk/Leche (Bean Chili) V (Chili de Frijoles)V	October 2 Turkey Ham & Cheese Sandwich/Sándwich de pavo & queso WG Sandwich Roll/ Pan integral Vegetable/Vegetales Fruit/ Fruta Milk/Leche Mustard/ Mostaza (Egg Salad Sandwich)V (Sándwich de ensalada de huevo) Vegetariano	October 3 Grilled Chicken Parmesan/ Pollo al Parmesano WG Dinner Roll/ Panecillo integral Vegetable/ Vegetales Fruit/Fruta Milk/Leche (Veggie Bean Stir Fry) V (Frijoles Saltiados) Vegetariano	October 4 Mac & Cheese/ Pasta de integral Macarrones con queso Whole Grain Pasta w/ cheese sauce Vegetable/Vegetales Fruit/Fruta Milk/Milk	October 5 Turkey w/ Gravy/ Pavo con Salsa Corn Bread/Pan de maíz Vegetable/Vegetales Fruit/Fruta Milk/Leche (Lentils w/ Gravy) V (Lentejas con Salsa) Vegetariano
October 8 Hamburger w/ American Cheese/ Hamburguesa con queso Americano WG Sandwich Roll/Panecillo integral Vegetable/Vegetales Fruit/Fruta Milk/Leche Ketchup/Salsa de tomate (Veggie Burger) V (Hamburguesa de Vegetales) Vegetariano	October 9 Sun Butter & Grape Fruit Spread/Mantequilla de Girasol & Mermelada de Fruta Whole Wheat Bread/ Pan integral Vegetable/Vegetales Fruit/Fruta Milk/Leche	October 10 Pesto Chicken Pasta Salad/ Ensalada de pasta integral con pollo al pesto w/ WG Pasta Vegetable/Vegetales Fruit/Fruta Milk/Leche (Tofu Pesto Pasta) V (Pasta con Queso de soya	October 11 Fish Sticks/Palitos de pescado Tartar Sauce/Salsa de tatará Vegetable/Vegetales Fruit/Fruta Milk/Leche (Garbanzo Beans) V (Frijoles de Garbanzo)Vegetariano	October 12 Breaded Chicken Snack Wrap/Pollo apanado en vuelto en una tortilla WG Soft Tortilla Shell/Tortilla integral suave Lite Mayo. Shredded Cheddar Cheese/Un poco de Mayonesa y queso rallado Vegetable/Vegetales Fruit/Fruta Milk/Leche (Falafels) V (Bolitas de frijoles falafels) vegetarianas
October 15 Beef BBQ Ribs/ Costillas de res con salsa de barbacoa Quinoa Salad/Ensalada de Quinoa Vegetable/Vegetales Fruit/Fruta Milk/Leche (BBQ Beans) V (Frijoles con salsa de barbacoa)	October 16 Balsamic Chicken/Pollo al balsámico Vegetable/Vegetales WG Dinner Roll/Panecillo integral Fruit/Fruta Milk/Leche (Balsamic Tofu) V (Queso de soya con balsámico	October 17 Meatballs in Marinara Sauce/ Albóndigas de carné con Salsa Marina WG Hoagie Roll/Pan integral Shredded Mozzarella Cheese/Queso Mozzarella rallado Vegetable/Vegetales Fruit/Fruta Milk/Leche (Edamame) V (Vegetale Edamame)	October 18 Turkey Burger and American Cheese/Hamburguesa de pavo con queso Americano WG Sandwich Roll/ Pan integral Vegetable/Vegetales Fruit/Fruta Ketchup/Salsa de tomate Milk/Leche (Veggie Burger) V (Hamburguesa de Vegetales)	October 19 Grilled Chicken/ Pollo a la parrilla Brown Rice/Arroz integral Vegetable/Vegetales Fruit/Fruta Milk/Leche (Chic Pea Salad) V (Ensalada de Garbanzos)
October 22 Tuna Salad/Ensalada de Atún WG Sandwich Roll/Pan integral Vegetable/Vegetales Fruit/Fruta Milk/Leche (Lentil Salad) V (Ensalada de Lentejas)	October 23 Spanish Chicken/ Pollo Hispano Brown Rice and Beans/Arroz integral y Frijoles Vegetable/Vegetales Fruit/Fruta Milk/Leche (Spanish Tofu) V (Queso de soya Hispano)	October 24 Cheese Tortellini in Meat Sauce/Pasta de tortolinis con Salsa Marinara de carne WG Dinner Roll/Panecillo integral Vegetable/Vegetales Fruit/Fruta Milk/Leche (Cheese Tortellini in Marinara Sauce) V (Pasta de tortolinis con Salsa Marinara	October 25 BBQ Chicken/ Pollo a la barbacoa Quinoa Salad/Ensalada de Quinoa Vegetable/Vegetales Fruit/Fruta Milk/Leche (BBQ Beans) V (Frijoles con Barbacoa)	October 26 Beef Taco/ Tacos de carne WG Flour Tortilla/ Tortilla de harina Shredded Cheddar Cheese/ Queso Cheddar rallado Salsa, Sour Cream/ Salsa,Crema agria Vegetable/Vegetales Fruit/Fruta Milk/Leche (Refried Bean Taco) V (Frijoles refritos)

October 29 Scrambled Egg Patty/ Huevos revueltos Whole Wheat Bread/Pan integral Fruit Spread/Mermelada de fruta Breakfast Potatoes/Papas de desayuno Fruit/Fruta Milk/Leche	October 30 Turkey & American Cheese/Pavo Queso Americano WG Sandwich Roll/Pan integral Vegetable/Vegetales Fruit/Fruta Milk/Vegetales (Cheese Sandwich) V (Sándwich de Queso)	October 31 Mac & Cheese w/ Diced Turkey Ham/Pasta de Macarrones con queso y pavo cortado Whole Grain Pasta w/ cheese sauce/Pasta integral y Salsa de Queso Vegetable/Vegetales Fruit/Fruta Milk/Leche (Mac & Cheese) V (Pasta de Macarrones con Salsa de Queso)		
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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