



All Ages Lunch Menu November 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
			November 1 Turkey Ham & Cheese Sandwich WG Sandwich Roll Vegetable Fruit Milk Mustard (Egg Salad Sandwich) V	November 2 Grilled Chicken Parmesan WG Dinner Roll Vegetable Fruit Milk (Veggie Bean Stir Fry) V
November 5 Mac & Cheese WG Pasta w/Cheese Sauce Vegetable Fruit Milk	November 6 Turkey w/Gravy Corn Bread Vegetable Fruit Milk (Lentils w/Gravy) V	November 7 Hamburger w/American Cheese WG Sandwich Roll Vegetable Fruit Milk Ketchup (Veggie Burger) V	November 8 Sun Butter & Grape Fruit Spread Whole Wheat Bread Vegetable Fruit Milk	November 9 Chicken Pasta Salad w/WG Pasta Vegetable Fruit Milk (Tofu Pasta Salad) V
November 12 WG Chicken Nuggets Ketchup Vegetable Fruit Milk (Garbanzo Beans) V	November 13 Turkey & American Cheese WG Sandwich Roll Vegetable Fruit Milk (Cheese Sandwich) V	November 14 Beef BBQ Ribs Quinoa Salad Vegetable Fruit Milk (BBQ Beans) V	November 15 Balsamic Chicken WG Dinner Roll Vegetable Fruit Milk (Balsamic Tofu) V	November 16 Meatballs in Marinara Sauce WG Hoagie Roll Shredded Mozzarella Cheese Vegetable Fruit Milk (Edamame) V
November 19 Turkey Burger and American Cheese WG Sandwich Roll Vegetable Fruit Ketchup Milk (Veggie Burger) V	November 20 Grilled Chicken Brown Rice Vegetable Fruit Milk (Chick Pea Salad) V	November 21 Cheese Tortellini in Meat Sauce WG Dinner Roll Vegetable Fruit Milk (Cheese Tortellini in Marinara Sauce) V	Closed	November 23 Tuna Salad WG Sandwich Roll Vegetable Fruit Milk (Lentil Salad) V
November 26 Scrambled Egg Patty Whole Wheat Bread Fruit Spread Breakfast Potatoes Fruit Milk	November 27 Breaded Chicken Snack Wrap WG Tortilla Shell Lite Mayo, Shredded Cheddar Cheese Vegetable Fruit Milk (Falafels) V	November 28 Pizza Bagel WG Bagel Tomato Sauce Mozzarella Cheese Vegetable Fruit Milk (Mac & Cheese) V	November 29 Spanish Chicken Brown Rice and Beans Vegetable Fruit Milk (Spanish Tofu) V	November 30 Beef Taco WG Flour Tortilla Shredded Cheese, Salsa, SC Vegetable Fruit Milk (Refried Bean Taco) 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