



All Ages Lunch Menu December 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
December 3 Grilled Chicken Quinoa with Broccoli and Cheddar Cheese Fruit Milk Mustard (Egg Salad Sandwich) V	December 4 Hamburger w/American Cheese WG Sandwich Roll Vegetable Fruit Milk Ketchup (Veggie Burger) V	December 5 Chicken Pasta Salad w/WG Pasta Vegetable Fruit Milk (Tofu Pasta Salad) V	December 6 Scrambled Egg Patty Whole Wheat Bread Fruit Spread Breakfast Potatoes Fruit Milk	December 7 Mac & Cheese WG Pasta w/Cheese Sauce Vegetable Fruit Milk
December 10 Breaded Chicken Snack Wrap WG Flour Tortilla Lite Mayo, Shredded Cheddar Cheese Vegetable Fruit Milk (Cheese Sandwich) V	December 11 Turkey and American Cheese WG Sandwich Roll Lite Mayo Vegetable Fruit Milk (Cheese Sandwich) V	December 12 Grilled Chicken Parmesan WG Dinner Roll Vegetable Fruit Milk (Veggie Bean Stir Fry) V	December 13 Sun Butter & Grape Fruit Spread Whole Wheat Bread Vegetable Fruit Milk	December 14 Turkey Burger WG Sandwich Roll Vegetable Fruit Milk (BBQ Beans) V
December 17 Balsamic Chicken Brown Rice Vegetable Fruit Milk (Balsamic Tofu) V	December 18 Swedish Meatballs WG Pasta w/ Swedish Gravy Vegetable Fruit Milk (Edamame) V	December 19 Chicken Caesar Salad WG Dinner Roll Romaine Lettuce w/ Parmesan Cheese Fruit Milk (Veggie Burger) V	December 20 Cheese Quesadilla on WG Flour Tortilla Sour Cream Vegetable Fruit Milk (Chick Pea Salad) V	December 21 Cheese Tortellini in Meat Sauce WG Dinner Roll Vegetable Fruit Milk (Cheese Tortellini in Marinara Sauce) V
December 24 Tuna Salad WG Sandwich Roll Vegetable Fruit Milk (Lentil Salad) V	December 25 CLOSED	December 26 Turkey Ham Sandwich American Cheese Whole Wheat Bread Mayonnaise Vegetable Fruit (Cheese Sandwich) V	December 27 French Bread Pizza WG Bread Tomato Sauce Mozzarella Cheese Vegetable Fruit Milk (Mac & Cheese) V	December 28 Spanish Chicken Brown Rice and Beans Vegetable Fruit Milk (Spanish Tofu) V
December 31 WG Chicken Nuggets Ketchup Vegetable Fruit Milk (Garbanzo Beans) 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