



Lunch Menu

February 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
				February 1 Mac & Cheese WG Pasta w/ Cheese Sauce Vegetable Fruit Milk
February 4 WG Chicken Nuggets Ketchup Vegetable Fruit Milk (Garbanzo Beans) V	February 5 Tuna Salad WG Pita Bread Vegetable Fruit Milk (Lentil Salad) V	February 6 Pizzadilla WG Flour Tortilla Marinara Sauce Mozzarella Cheese Vegetable Fruit Milk	February 7 Chicken Broccoli Alfredo WG Pasta Fruit Milk (Tofu Broccoli Alfredo) V “NATIONAL ALFREDO DAY”	February 8 BBQ Meatballs WG Dinner Roll Vegetable Fruit Milk (Veggie Burger) V
February 11 Balsamic Chicken Brown Rice Vegetable Fruit Milk (Balsamic Tofu) V	February 12 Turkey and American Cheese WG Hoagie Roll Vegetable Fruit Milk (Cheese Sandwich) V	February 13 Chicken & Cheese Quesadilla on WG Flour Tortilla Sour Cream Vegetable Fruit Milk (Cheese Quesadilla) V	February 14 Turkey Sausage English Muffin w/ Fruit Spread Breakfast Potatoes Fruit Milk (Veggie Sausage) V	February 15 WG Pasta w/ Meat Sauce Vegetable Fruit Milk (Pasta w/ Beans and Marinara Sauce) V
February 18 Turkey Burger w/ American Cheese WG Sandwich Roll Vegetable Fruit Milk (Veggie Burger) V	February 19 Breakfast Burrito Egg Scramble w/ Cheddar Cheese WG Flour Tortilla Salsa Vegetable Fruit Milk	February 20 Turkey Ham and American Cheese WG Hoagie Roll Vegetable Fruit Milk (Cheese Sandwich) V	February 21 Meat Sauce & Bread Stick Dippers WG Bread Stick Meat Sauce Vegetable Fruit Milk (Pizzadilla) V	February 22 Spanish Chicken Brown Rice Vegetable Fruit Milk (Spanish Tofu) V
February 25 Nachos Taco Beef WG Tortilla Chips Shredded Cheddar Cheese Salsa Vegetable Fruit Milk (Refried Beans) V “NATIONAL NACHO DAY”	February 26 Sun Butter & Grape Fruit Spread Whole Wheat Bread Vegetable Fruit Milk	February 27 Beef BBQ WG Sandwich Roll Vegetable Fruit Milk (Veggie Bean BBQ) V	February 28 Breaded Chicken Snack Wrap WG Flour Tortilla Lite Mayo, Shredded Cheddar Cheese Vegetable Fruit Milk (Cheese Sandwich) 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