

Harvest of the Month

Brussel Sprouts



How to Pick:

-Brussels sprouts got their name from Brussels, Belgium, where they originated

-One cup of cooked Brussels sprouts has 60 calories and provides vitamin C and A

-Choose small, firm, compact sprouts with unblemished leaves.

Meal Patterns

Lunch (1-2 yrs)

Milk 1/2 cup
Meat 1 oz
Fruit / Veg 1/8 cup each
Grain 1/2 oz eq

Lunch (3-5 yrs)

Milk 3/4 cup
Meat 1 1/2 oz
Fruit / Veg 1/4 cup each
Grain 1/2 oz eq

Lunch (6-18 yrs)




Milk 1 cup
Meat 2 oz
Fruit 1/2 cup
Veg 1/4 cup
Grain 1 oz eq



LINTONS
Food Service Management

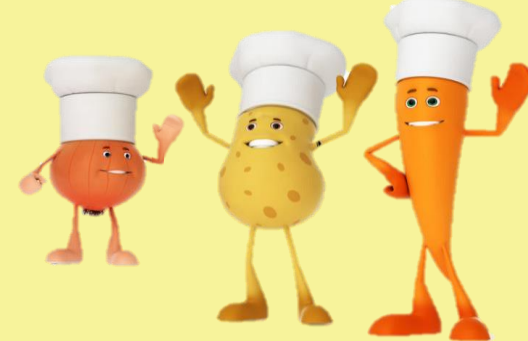
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This institution is an equal opportunity Provider

January

Menu



1 - 2 yr old

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Homemade Chili(T), Mixed Vegetables, WG Corn Muffin, Mandarin Oranges, Unflavored 1% or Whole Milk	3 Turkey & Cheese, WG Wheat Bread, Vegetable Alphabet Soup, Sliced Cinnamon Apples, Mayo PC, Unflavored 1% or Whole Milk	4 Old McDonald Chicken(Chicken w/Veggies), Brown Rice, Diced Peaches, Unflavored 1% or Whole Milk	5 Chicken Salad Roll Up, 6" WG Tortilla, Potato Salad, Applesauce, Unflavored 1% or Whole Milk
8 BBQ Riblet Halved, WW Macaroni & Cheese, Stewed Tomatoes, Diced Apricots, Unflavored 1% or Whole Milk	9  Latino Cultural Meal - Turkey Enchilada Bake (WG Tortilla), Chopped Salad w/ Cilantro Lime Dressing, Banana, Churro, Unflavored 1% or Whole Milk  	10 Cheesesteak, WG Soft Roll, Banana, Cole Slaw, Ketchup PC, Unflavored 1% or Whole Milk	11 Meatball Florentine (Penne Pasta/Spinach/Cheese), Diced Peaches, Unflavored 1% or Whole Milk	12 Roast Turkey Strips w/Gravy, Sweet Potatoes, Roasted Brussel Sprouts, Mini WG Breadstick, Unflavored 1% or Whole Milk
15  Martin Luther King Jr. Day	16 Diced Chicken Cheesesteak, Soft Bun, Waffle Fries, Ketchup PC, Diced Peaches, Unflavored 1% or Whole Milk	17 Chef Salad (Diced Turkey Ham, Diced Turkey, Shredded Cheese, Chopped Salad Mix, Diced Tomato), Pineapples, Mini WG Breadstick, French Dressing, Unflavored 1% or Whole Milk	18 Chicken Stir Dry, Peppers & Onions, Fried Brown Rice, Applesauce, Unflavored 1% or Whole Milk	19 Cheeseburger Halved, WG Bun, Vegetarian Beans, Diced Pears, Ketchup PC, Unflavored 1% or Whole Milk
22 Tzatziki Chicken WG Pita, 1/2 Pita Stuffed w/ Diced Grilled Chicken, Cucumbers & Tomatoes topped with Tzatziki Dressing, Applesauce, Unflavored 1% or Whole Milk	23 Sweet & Sour Diced Chicken, Asian Brown Rice, Oriental Blend Veg, Diced Pears, Unflavored 1% or Whole Milk	24  Winterfest - Beef Stew, WG Biscuit, Baked Cherry Crisp, Unflavored 1% or Whole Milk	25 Chicken Drumsticks(3), Corn, Banana, Mini WG Breadstick, Honey Mustard, Unflavored 1% or Whole Milk	26 Meatballs(4) Halved, WG Soft Roll, Chopped Salad, Diced Pears, Italian Dressing PC, Unflavored 1% or Whole Milk
29 Soft Diced Chicken Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla Shell, Shredded Lettuce/Diced Tomatoes, Banana, Unflavored 1% or Whole Milk	30 Ground Beef Stroganoff, Brown Rice, Mixed Vegetables, Applesauce, Unflavored 1% or Whole Milk	31 Chicken Parmesan Halved, WW Penne Pasta, Peas, Citrus Salad, Unflavored 1% or Whole Milk	1	2