

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 Pattern

Lunch

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



LINTONS
Food Service Management

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This institution is an equal opportunity Provider

<h1>January 2018</h1> <p>Vegeterian/Vegan Serving Soy Milk</p>				
Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Homemade Veg Crumble Chili, Mixed Vegetables, WG Dinner Roll, Mandarin Oranges, Soy Milk	3 Vegan Salad w/ Vegan Cheese & Beans, Vegetable Alphabet Soup, Sliced Cinnamon Apples, Soy Milk	4 Tofu w/Veggies, Brown Rice, Mandarin Oranges, Soy Milk	5 Rice & Beans, Corn, Applesauce, Soy Milk
8 BBQ Vegan Burger, WG Bun, Stewed Tomatoes, Diced Apricots, Soy Milk	9 Latino Cultural Meal - Veg Crumble Enchilada Bake (WG Tortilla), Chopped Salad w/ Cilantro Lime Dressing, Banana, Churro, Unflavored 1% or Whole Milk	10 Roasted Veggies w/Beans & Dairy Free Cheese, WG Soft Roll, Banana, Cucumber Salad, Soy Milk	11 Veggie Crumble Florentine (Penne Pasta/Spinach/Dairy Free Cheese), Diced Peaches, Soy Milk	12 Veggie Stir Fry w/Beans, Sweet Potatoes, Roasted Brussel Sprouts, WG Dinner Roll, Soy Milk
15 Roasted Veggie Wrap w/ Vegan Cheese & Beans, Sliced Cucumbers, French Dip, Applesauce, Soy Milk	16 Tofu, Peppers & Onions in Sauce w/Dairy Free Cheese, WG Soft Bun, Waffle Fries, Ketchup Pc, Diced Pears, Soy Milk	17 Vegan Salad, Hummus, Shredded Dairy Free Cheese, Chopped Salad Mix, Diced Tomato, Pineapples, WG Dinner Roll, French Dressing, Soy Milk	18 Tofu Stir Fry, Peppers & Onions, Fried Brown Rice (No Egg), Applesauce, Soy Milk	19 Vegan Dairy Free Cheeseburger, WG Bun, Corn, Diced Pears, Ketchup Pc, Soy Milk
22 Tzatziki Veggie Pita, 1/2 Pita stuffed with Beans, Cucumbers & Tomatoes topped with Tzatziki Dressing, Applesauce, Soy Milk	23 Sweet & Sour Tofu, Asian Brown Rice, Oriental Blend Veg, Diced Pears, Soy Milk	24 Winterfest - Veg Crumble Chili, WG Dinner Roll, Baked Cherry Crisp, Unflavored 1% or Whole Milk	25 Vegan Burger, Corn, Banana, WG Dinner Roll, BBQ Sauce, Soy Milk	26 Red Beans & Brown Rice, Chopped Salad, Diced Pears, Italian Dressing PC, Soy Milk
29 Soft Veggie Crumble Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla Shell, Shredded Lettuce/Diced Tomatoes, Banana, Soy Milk	30 WG Macaroni & Veggie Crumble, Mixed Vegetables, Applesauce, Soy Milk	31 Tofu Parmesan, WW Penne Pasta, Peas, Citrus Salad, Soy Milk	1	2