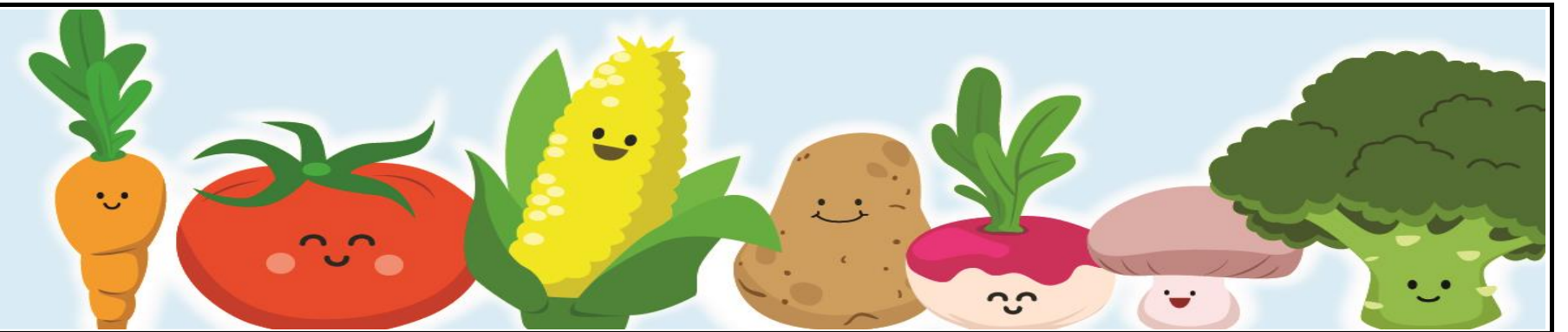




LINTONS
Food Service Management

April 2019



Meatless Mondays	Tasty Pasta Tuesdays	Wholesome Wednesdays	TEX MEX THURSDAYS	Pizza Friday
<p>1</p> <p>Toasted Cheese Sandwich, Tomato Soup, Mandarin Oranges, Unflavored 1% or Whole Milk</p>	<p>2</p> <p>WG Macaroni & Cheese, WG Chicken Nuggets (2), Diced Carrots, Banana, BBQ Sauce, Unflavored 1% or Whole Milk</p>	<p>3</p> <p>Turkey Ham & Cheese WG Pretzel Melt Halved, Green Beans, Mustard Pc, Pineapple, Unflavored 1% or Whole Milk</p>	<p>4</p> <p>Beef & Cheese Burrito, WG 6' Tortilla, Red Beans in Sauce, Diced Peaches, Unflavored 1% or Whole Milk</p>	<p>5</p> 
<p>8</p> <p>Hummus, WG Pita, Assorted Pepper Strips, Ranch Dressing, Mandarin Oranges, Unflavored 1% or Whole Milk</p>	<p>9</p> <p>Chicken (on Side), WG Alfredo Macaroni, Broccoli, Diced Pears, Unflavored 1% or Whole Milk</p>	<p>10</p> <p>Build your own Pizza Lunchable - Sauce, Shredded Mozz, Turkey Pepperoni, WG Flatbread, Chopped Romaine, Italian Dressing, Diced Cinnamon Apples, Unflavored 1% or Whole Milk</p>	<p>11</p> <p>Fajita Chicken, Fajita Blend Vegetables, Shredded Cheddar, 6' WG Tortilla, Diced Apricots, Unflavored 1% or Whole Milk</p>	<p>12</p> 
<p>15</p> <p>Tuna Salad, WG Wheat Bread, Cucumber Slices, Ranch Dressing, Banana, Unflavored 1% or Whole Milk</p>	<p>16</p> <p>BBQ Beef Riblet Halved (Sauce on Side), WW Macaroni & Cheese, Stewed Tomatoes, Banana, Unflavored 1% or Whole Milk</p>	<p>17</p> <p>Turkey & Cheese Roll Up, 6" WG Tortilla, Cucumber Salad, Applesauce, Mayo PC, Unflavored 1% or Whole Milk</p>	<p>18</p> <p>Beef Soft Taco, Refried Beans, Shredded Lettuce, Diced Tomatoes, Shredded Cheddar Cheese, WG 6" Tortilla, Pineapples, Unflavored 1% or Whole Milk</p>	<p>19</p> 
<p>22</p> <p>Red Beans & Brown Rice, Diced Carrots, WG Mini Corn Muffin, Orange Smiles, Unflavored 1% or Whole Milk</p>	<p>23</p> <p>WW Penne Pasta w/ Meat sauce (T), Spinach, Orange Smiles, Unflavored 1% or Whole Milk</p>	<p>24</p> <p>Chicken Tenders(3), Corn, Orange Smiles, Mini WG Breadstick, Honey Mustard, Unflavored 1% or Whole Milk</p>	<p>25</p> <p>Soft Diced Chicken Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla Shell, Shredded Lettuce/Diced Tomatoes, Diced Pears, Unflavored 1% or Whole Milk</p>	<p>26</p> 
<p>29</p> <p>Toasted Cheese Sandwich, Tomato Soup, Mandarin Oranges, Unflavored 1% or Whole Milk</p>	<p>30</p> <p>WG Macaroni & Cheese, WG Chicken Nuggets (2), Diced Carrots, Banana, BBQ Sauce, Unflavored 1% or Whole Milk</p>	<p>1</p>	<p>2</p>	<p>3</p> 

LUNCH MEAL PATTERNS

- (1-2 yrs) Milk 1/2 Cup, Meat 1oz, Fruit/Veg 1/8 Cup each, Grain 1/2oz eq
- (3-5 yrs) Milk 3/4 Cup, Meat 1 1/2oz, Fruit/Veg 1/4 Cup Each, Grain 1/2oz eq
- (6-18 yrs) Milk 1 Cup, Meat 2oz, Fruit 1/2 Cup, Veggeis 1/4 Cup, Grain 1oz eq

This institution is an equal opportunity provider

