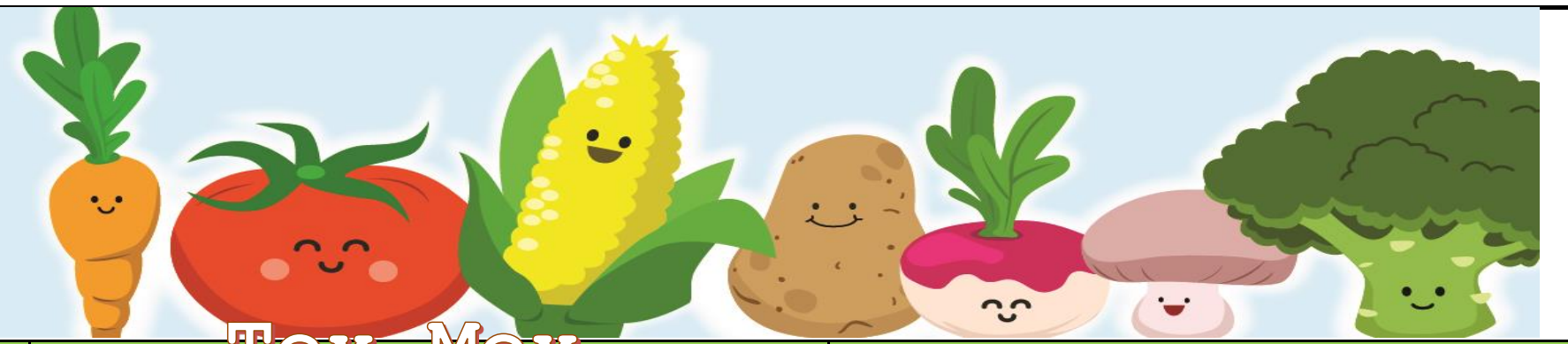








LINTONS
Food Service Management

June 2019



Meatless Mondays		Tasty Pasta Tuesdays		Wholesome Wednesdays		Tex Mex Thursdays		Pizza Friday	
3	Hummus, WG Pita, Assorted Pepper Strips, Ranch Dressing, Mandarin Oranges, Soy Milk	4	Chicken (on Side), WG Alfredo Macaroni, Broccoli, Diced Pears, Unflavored 1% Milk	5	Build your own Pizza Lunchable, Sauce, Shredded Mozz, WG Flatbread, Turkey Pepperoni, Chopped Romaine, Italian Dressing, Diced Cinnamon Apples, Unflavored 1% Milk	6	Chicken Fajita, Fajita Blend Vegetables, Shredded Cheddar, 6" WG Tortilla, Pineapples, Unflavored 1% Milk	7	
10	Tuna Salad, WG Wheat Bread, Fresh Broccoli, Ranch Pc, Banana, Unflavored 1% Milk	11	BBQ Beef Riblet (Sauce on Side), WW Macaroni & Cheese, Stewed Tomatoes, Banana, Unflavored 1% Milk	12	Turkey & Cheese Roll Up, 6" WG Tortilla, Cucumber Salad, Apple, Mayo Pc, Unflavored 1% Milk	13	Beef Nachos, Refried Beans, Shredded Lettuce, Diced Tomatoes, Shredded Cheddar Cheese, WG Tortilla Chips, Pineapples, Unflavored 1% Milk	14	
17	Red Beans & Brown Rice, Diced Carrots, WG Mini Corn Muffin, Orange, Unflavored 1% Milk	18	WW Penne Pasta w/ Meat sauce (T), Spinach, Banana, Unflavored 1% Milk	19	Chicken Tenders(3), Corn, Orange, Mini WG Breadstick, Honey Mustard, Unflavored 1% or Whole Milk	20	Soft Diced Chicken Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla Shell, Shredded Lettuce/Diced Tomatoes, Diced Pears, Unflavored 1% Milk	21	
24	Toasted Cheese Sandwich, Tomato Soup, Orange, Unflavored 1% Milk	25	WG Macaroni & Cheese, WG Chicken Nuggets (2), Diced Carrots, Banana, BBQ Sauce, Unflavored 1% Milk	26	Turkey ham & Cheese WG Pretzel Melt, Green Beans, Mustard Pc, Apple, Unflavored 1% Milk	27	Beef & Cheese Burrito, WG 6" Tortilla, Red Beans in Sauce, Diced Peaches, Unflavored 1% Milk	28	

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

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