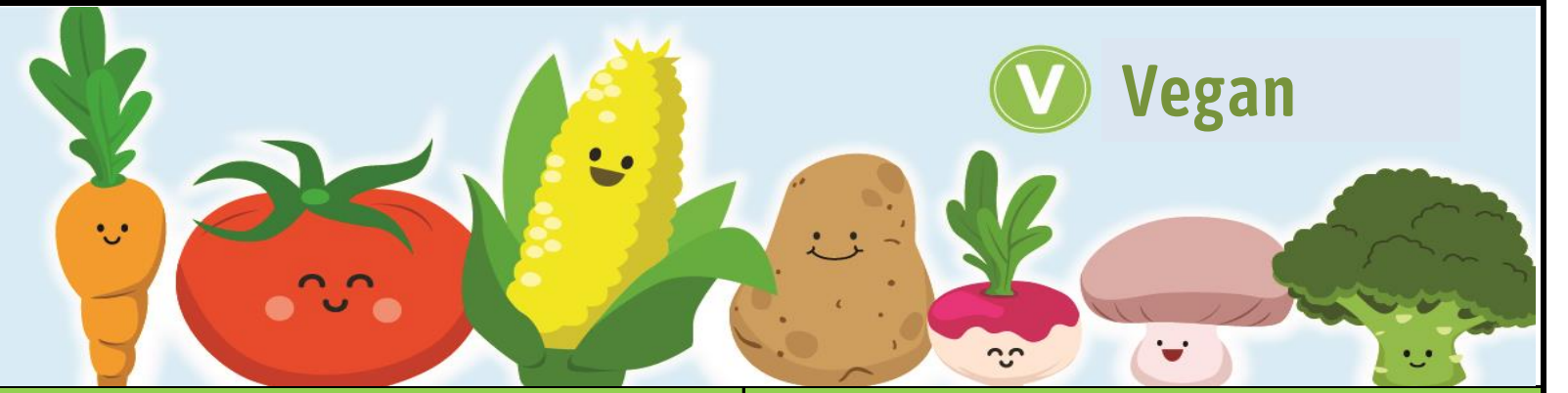




LINTONS
Food Service Management

June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
3 Sauteed Tofu, Onions & Peppers, WG Hot Dog Bun, Mandarin Oranges, Cucumber Salad, Ketchup Pc, Soy Milk	4 Red Beans & Brown Rice, Tossed Salad, Banana, Italian Dressing PC, Soy Milk	5 Soft Veggie Crumble Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla, Shredded Lettuce/Diced Tomatoes, Diced Pears, Soy Milk	6 Build Your Own Salad, Salad Mix, Mixed Beans (Kidney, Black, Northern) Sliced Cucumbers, Italian Dressing, WG Dinner Roll, Mandarin Oranges, Soy Milk	7 Tzatziki Vegan Chick N' Strips Pita, 1/2 WG Pita stuffed with Diced Vegan Chick N' Strips (2.25oz), Diced Cucumbers & Diced Tomatoes, Topped with Italian Dressing, Citrus Salad, Soy Milk
10 Veggie Crumble A Roni, Chopped Romaine Salad, Italain Dressing, Mandarin Oranges, Soy Milk	11 BBQ Vegan Burger, Pasta Salad, Mixed Vegetable, Diced Peaches, Soy Milk	12 Summer Splash -BBQ Vegan Chick N' Strips (2.25oz), Corn, Wheat Bread (1 sl), Diced Watermelon, Soy Milk	13 Vegan Burger, WG Bun, Vegetarian Beans, Crushed Crushed Pineappless, Ketchup Pc, Soy Milk	14 Veggie Sausage (2), Brown Rice, Green Beans, Banana, Soy Milk
17 Asian Wrap, Vegan Chick N' Strips, Fresh Spinach, Shredded Carrots, Diced Cucumbers, Brown Rice, 6" WG Tortilla, Asian Dressing, Orange smiles, Soy Milk	18 Mixed Bean Salad, Chopped Romaine , Assorted Bean Mix, Italian Dressing, WG Dinner Roll, Diced Cinnamon Apples, SoyMilk	19 Cold Vegan Chick N' Strips (2.25oz) w/ Shredded Lettuce, 6" WG Tortilla, Chopped Garbanzo Bean Salad, Diced Apricots, Soy Milk	20 Vegan Burger, WG Bun, Waffle Fries, Strawberries, Ketchup Pc, Soy Milk	21 Vegan Sausage Patties (2), Fiesta Corn, Citrus Salad, WG Dinner Roll, Soy Milk
24 Vegan Burger, Corn, Diced Apricots, WG Dinner Roll, Ketchup Pc, Soy Milk	25 Cultural Meal - Italian - Pasta w/ Veg Crumble Sauce, Romaine Salad, WG Dinner Roll, Honeydew Melon, Soy Milk	26 Tex Mex Macaroni (Veg Crumble), Broccoli, Diced Pears, Soy Milk	27 Roasted Veggie w/ Mixed Beans Roll Up, 6" WG Tortilla, Green Peppers Strips, French Dressing, Banana, Soy Milk	28 Veggie Crumble Soft Taco, Refried Beans, Shredded Lettuce, Diced Tomatoes, WG Tortilla 6", Crushed Crushed Pineappless, Soy Milk

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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