

STANDARD MENU

CENTER NAME : Parent Infant Center



| MONDAY |            | TUESDAY                                |    | WEDNESDAY                              |    | 1                                      | THURSDAY |                                        | 2  | FRIDAY                                                                                |  |
|--------|------------|----------------------------------------|----|----------------------------------------|----|----------------------------------------|----------|----------------------------------------|----|---------------------------------------------------------------------------------------|--|
| Lunch  | Meat / Alt |                                        |    |                                        |    |                                        |          |                                        |    |                                                                                       |  |
|        | Grain      |                                        |    |                                        |    |                                        |          |                                        |    |                                                                                       |  |
|        | Veg        |                                        |    |                                        |    |                                        |          |                                        |    |                                                                                       |  |
|        | Fruit      |                                        |    |                                        |    |                                        |          |                                        |    |                                                                                       |  |
|        | Milk       |                                        |    |                                        |    |                                        |          |                                        |    |                                                                                       |  |
| 5      |            | MONDAY                                 | 6  | TUESDAY                                | 7  | WEDNESDAY                              | 8        | THURSDAY                               | 9  | FRIDAY                                                                                |  |
| Lunch  | Meat / Alt | Spaghetti w/ Beef Marinara             |    | Chicken Sandwich w/ Coleslaw Topping   |    | Turkey Ham & Cheese Mac                |          | Sweet & Sour Chicken                   |    |    |  |
|        | Grain      | WG Roll                                |    | WG Roll                                |    | WG Pasta                               |          | Brown Rice                             |    |                                                                                       |  |
|        | Veg        | Green Beans                            |    | Sweet Corn                             |    | Glazed Carrots                         |          | Cauliflower Medley                     |    |                                                                                       |  |
|        | Fruit      | Fresh Fruit , Apples                   |    | Fresh Fruit, Canteoupe Melon           |    | Fresh Fruit, Oranges                   |          | Fresh Fruit, Honeydew Melon            |    |                                                                                       |  |
|        | Milk       | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |          | Whole Milk (1 yr), 1% low fat (2+ yrs) |    |                                                                                       |  |
| 12     |            | MONDAY                                 | 13 | TUESDAY                                | 14 | WEDNESDAY                              | 15       | THURSDAY                               | 16 | FRIDAY                                                                                |  |
| Lunch  | Meat / Alt | Beef Meatball Sub w/ Mozzarella        |    | Beef Taco w/ Salsa , Lettuce & Cheese  |    | Turkey Ham & Cheese                    |          | Tuscan Chicken Pasta                   |    |    |  |
|        | Grain      | WG Roll                                |    | WG Tortilla                            |    | WG Tortilla Wrap                       |          | WG Pasta                               |    |                                                                                       |  |
|        | Veg        | Green Beans                            |    | Sweet Corn                             |    | Tossed Salad w/ Dressing               |          | Cauliflower Medley                     |    |                                                                                       |  |
|        | Fruit      | Fresh Fruit , Apples                   |    | Fresh Fruit, Canteoupe Melon           |    | Fresh Fruit, Oranges                   |          | Fresh Fruit, Honeydew Melon            |    |                                                                                       |  |
|        | Milk       | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |          | Whole Milk (1 yr), 1% low fat (2+ yrs) |    |                                                                                       |  |
| 19     |            | MONDAY                                 | 20 | TUESDAY                                | 21 | WEDNESDAY                              | 22       | THURSDAY                               | 23 | FRIDAY                                                                                |  |
| Lunch  | Meat / Alt | <div>PIC<br/>CLOSED</div>              |    | Pulled BBQ Chicken Taco                |    | Honey Mustard Chicken Wrap             |          | Turkey & Gravy                         |    |  |  |
|        | Grain      |                                        |    | WG Tortilla Wrap                       |    | WG Tortilla Wrap                       |          | Brown Rice                             |    |                                                                                       |  |
|        | Veg        |                                        |    | Sweet Corn                             |    | Tossed Salad w/ Dressing               |          | Cauliflower Medley                     |    |                                                                                       |  |
|        | Fruit      |                                        |    | Fresh Fruit, Canteoupe Melon           |    | Fresh Fruit, Oranges                   |          | Fresh Fruit, Honeydew Melon            |    |                                                                                       |  |
|        | Milk       |                                        |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |          | Whole Milk (1 yr), 1% low fat (2+ yrs) |    |                                                                                       |  |
| 26     |            | MONDAY                                 | 27 | TUESDAY                                | 28 | WEDNESDAY                              | 29       | THURSDAY                               | 30 | FRIDAY                                                                                |  |
| Lunch  | Meat / Alt | Sweedish Meatballs                     |    | Turkey Burger                          |    | Turkey Ham & Cheese                    |          | Chicken Casserole                      |    |  |  |
|        | Grain      | WG Pasta                               |    | WG Hamburger Bun                       |    | WG Tortilla Wrap                       |          | WG Pasta                               |    |                                                                                       |  |
|        | Veg        | Green Beans                            |    | Sweet Potato Tots                      |    | Tossed Salad w/ Dressing               |          | Cauliflower Medley                     |    |                                                                                       |  |
|        | Fruit      | Fresh Fruit , Apples                   |    | Fresh Fruit, Canteoupe Melon           |    | Fresh Fruit, Oranges                   |          | Fresh Fruit, Honeydew Melon            |    |                                                                                       |  |
|        | Milk       | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |          | Whole Milk (1 yr), 1% low fat (2+ yrs) |    |                                                                                       |  |