STANDARD MENU



DIETARY RESTRICTIONS
CONTAINS EGG
CONTAINS SESAME

CENTER NAME : _____

		2	MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY
Lunch	Meat / Alt		Mac & Cheese		Meatless Taco Tuesday (*Beans & Rice , Cheese , Lettuce , Sour Cream*)		Turkey & Cheddar		BBQ Meatball		
	Grain		WG Pasta		WG Tortilla		WG Tortilla		WG Roll		
	Veg		Vegetable Medley		Sweet Corn		Garden Salad		Roasted Glazed Carrots		
	Fruit		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew		
	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)		
		9	MONDAY	10	TUESDAY	11	WEDNESDAY	12	THURSDAY	13	FRIDAY
Lunch	Meat / Alt		Spaghetti w/ Beef Marinara		n Fillet **or** Beef Burger (If Fish - Free)		Ranch Chicken Snack Wrap		Grilled Chicken		
	Grain		WG Pasta		WG Hamburger Bun		WG Tortilla		WG Dinner Roll		
	Veg		Vegetable Medley		Sweet Corn		Garden Salad		Mashed Potato		
	Fruit		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew		
	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)		
		16	MONDAY	17	TUESDAY	18	WEDNESDAY	19	THURSDAY	20	FRIDAY
Lunch	Meat / Alt		Hamburger Helper		Meatless Taco Tuesday (*Beans & Rice , Cheese , Lettuce , Sour Cream*)		Tuna Wrap **or** Chicken Salad Wrap		Stroganoff Meatball		
	Grain		WG Pasta		WG Tortilla		WG Tortilla		WG Pasta		
	Veg		Vegetable Medley		Sweet Corn		Garden Salad		Green Beans		
	Fruit		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew		
	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)		
		23	MONDAY	24	TUESDAY	25	WEDNESDAY	26	THURSDAY	27	FRIDAY
Lunch	Meat / Alt		Chicken Alfredo		Beef Burger w/ Cheese Option		Banana Sun Butter & Jelly				
	Grain		WG Pasta		WG Hamburger Bun		WG Roll		**PIC**		**PIC**
	Veg		Vegetable Medley		Tater Tots		Celery & Carrot Sticks		**CLOSED**		**CLOSED**
	Fruit		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Banana				
	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)				
		30	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
Lunch	Meat / Alt		Mac & Cheese								
	Grain		WG Pasta								
	Veg		Vegetable Medley								
	Fruit		Fresh Fruit , Apple Slices								
	Milk		Whole Milk (1 yr), 1% low fat (2+ yrs)								