



Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey & Dairy Free Cheese Roll Up, 6" WG Tortilla, Vegetable Soup, Applesauce, Mustard Pc, Soy Milk	2 WW Penne Pasta w/Meat sauce, Spinach, Diced Pears, Soy Milk	3 Roast Beef Au Jus, Shredded Dairy Free Cheese, WG Bun, Tossed Salad, French Dressing Pc, Blueberries, Soy Milk	4 Sweet & Sour Chicken, Asian Brown Rice, Oriental Blend Veg, Diced Peaches, Soy Milk	5 Soft Chicken Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla Shell, Shredded Lettuce/Diced Tomatoes, Sliced Strawberries, Soy Milk
8 Chicken Fajita, Fajita Blend Vegetables, Dairy Free Shredded Cheese, 6" WG Tortilla, Applesauce, Soy Milk	9  Italian Cultural Meal - Chicken Cacciatore, Brown Rice, Italian Green Beans, Applesauce, Soy Milk	10 Asian Chicken Wrap, Diced Chicken, Fresh Spinach, Shredded Carrots, Diced Cucumbers, Brown Rice, 6" Tortilla, Asian Dressing, Orange smiles, Soy Milk	11 Dairy Free Cheeseburger, WG Bun, Vegetarian Beans, Diced Pineapples, Ketchup Pc, Soy Milk	12 WG Fish Bites(4), Fiesta Corn, Citrus Salad, WG Dinner Roll, Ketchup Pc, Soy Milk
15 Beef A Roni, WG Macaroni, Broccoli, Diced Pears, Soy Milk	16 Tangerine Chicken Lo Mein, Oriental Blend Vegetable, Orange Smiles, Soy Milk	17 Turkey Hoagie, WG Hot Dog Bun, Shredded Lettuce & Diced Tomatoes, Banana, Soy Milk	18 Fall Festival - Chili, WG Dinner Roll, Fruit Cup, Soy Milk 	19 Build Your Own Lunchable, Turkey Ham Squares, Flatbread Squares, Dairy Free Cheese, Fresh Broccoli w/ French, Banana, Soy Milk
22 Turkey Ham & Dairy Free WG Pretzel Melt, Green Beans, Mustard Pc, Pineapple, Soy Milk	23 BBQ Chicken Salad, BBQ Diced Chicken, Chopped Romaine, Corn, Shredded Carrots, Dinner Roll, Diced Apricot, Italian Pc, Soy Milk	24 Toasted Dairy Free Cheese Sandwich, Tomato Soup, Mandarin Oranges, Soy Milk	25 Mediterranean Chicken Pita, 1/2 Pita stuffed with Diced Chicken, Diced Cucumbers & Diced Tomatoes, Topped with Italian Dressing, Citrus Salad, Soy Milk	26 Grilled Chicken Strips, BBQ Sauce Pc, Oven Fries, Mandarin Oranges, WG Wheat Bread, Ketchup Pc, Soy Milk
29 Grilled Chicken Patty, WG Bun, Cucumber Salad, Applesauce, Ketchup Pc, Soy Milk	30 Beef Nachos, Refried Beans, Shredded Lettuce, Diced Tomatoes, Shredded Dairy Free Cheese, WG Tortilla Chips, Pineapples, Soy Milk	31 Make your own Turkey Chef Salad, Salad Mix, Julienned Turkey & Turkey Ham, Sliced Cucumbers, Shred No Dairy Cheese, Italian Dressing, WG Dinner Roll, Mandarin Oranges, Soy Milk	1	2

LUNCH MEAL PATTERNS

This institution is an equal opportunity provider

(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