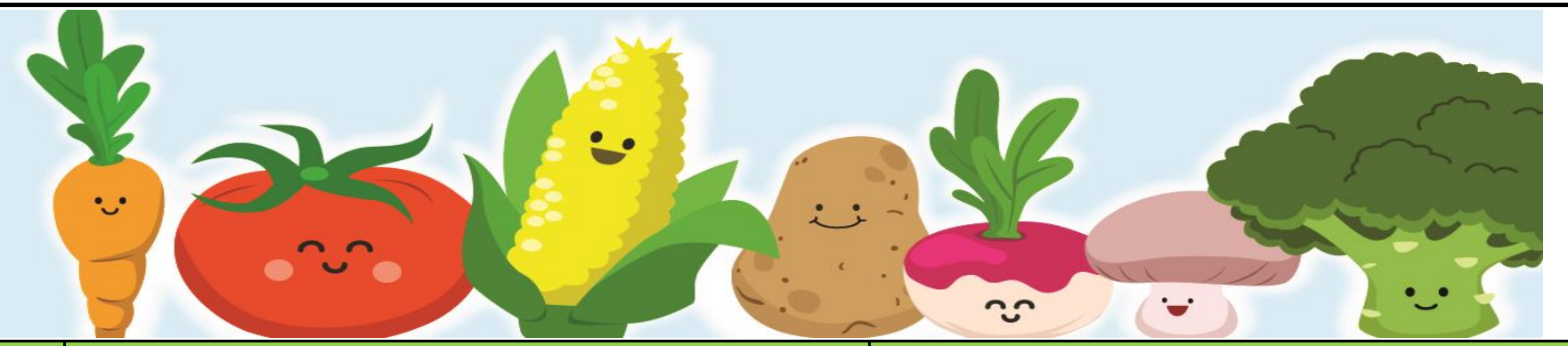









LINTONS
Food Service Management

November 2018



Meatless Mondays	Tasty Pasta Tuesdays	Wholesome Wednesdays	TEX MEX THURSDAYS	Pizza Friday
29	30	31	1 Soft Diced Chicken Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla Shell, Shredded Lettuce/Diced Tomatoes, Diced Pears, Unflavored 1% or Whole Milk	2 
5 Toasted Cheese Sandwich, Tomato Soup, Mandarin Oranges, Unflavored 1% or Whole Milk	6 WG Macaroni & Cheese, WG Chicken Nuggets (2), Banana, BBQ Sauce, Unflavored 1% or Whole Milk	7 Turkey Ham & Cheese WG Pretzel Melt Halved, Green Beans, Mustard Pc, Pineapple, Unflavored 1% or Whole Milk	8 Beef & Cheese Burrito, WG 6' Tortilla, Red Beans in Sauce, Diced Peaches, Unflavored 1% or Whole Milk	9 
12 Vanilla Yogurt, Green Pepper Strips. Ranch Dressing, Applesauce, WG Crackers, Unflavored 1% or Whole Milk	13 WW Penne Pasta w/ Meat sauce (T), Spinach, Orange Smiles, Unflavored 1% or Whole Milk	14 Tuna Salad, WG Wheat Bread, Cucumber Slices, Ranch Dressing, Banana, Unflavored 1% or Whole Milk	15 Beef Soft Taco, Refried Beans, Shredded Lettuce, Diced Tomatoes, Shredded Cheddar Cheese, WG 6" Tortilla, Pineapples, Unflavored 1% or Whole Milk	16 
19 Red Beans & Brown Rice, Diced Carrots, WG Mini Corn Muffin, Orange Smiles, Unflavored 1% or Whole Milk	20 BBQ Beef Riblet Halved (Sauce on Side), WW Macaroni & Cheese, Stewed Tomatoes, Banana, Unflavored 1% or Whole Milk	21 Turkey & Cheese Roll Up, 6" WG Tortilla, Cucumber Salad, Applesauce, Mayo PC, Unflavored 1% or Whole Milk	22 	23 No School
26 Cheezy Pizza Hummus, WG Flatbread, Applesauce, Unflavored 1% or Whole Milk	27 Chicken, WG Alfredo Macaroni, Broccoli, Diced Pears, Unflavored 1% or Whole Milk	28 Chicken Salad Roll Up, 6" WG Tortilla, Diced Carrots, Mandarin Oranges, Unflavored 1% or Whole Milk	29 Fiesta Rice & Bean Tortilla, 6' Tortilla, TexMex Vegetables, Banana, Unflavored 1% or Whole Milk	30 

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

