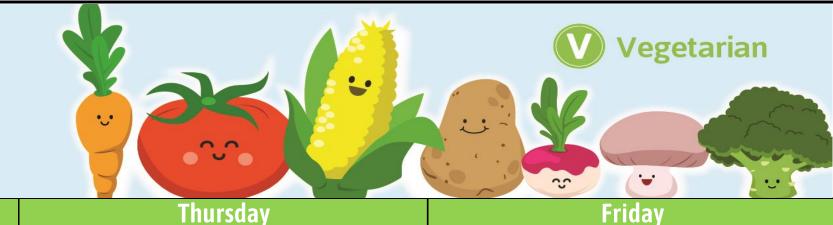


## LINTONSO Food Service Management

## October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
Roasted Veggies w/ Beans Roll Up, 6" WG Tortilla, Vegetable Soup, Applesauce, Soy Milk	WG Penne Pasta w/Veg Crumble Meat sauce, Spinach, Diced Pears, Soy Milk	Red Beans & Rice, Shredded Dairy Free Cheese, WG Dinner Roll, Tossed Salad, French Dressing, Blueberries, Soy Milk	Sweet & Sour Tofu, Asian Brown Rice, Oriental Blend Veg, Diced Peaches, Soy Milk	Soft Veggie Crumble Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla, Shredded Lettuce/Diced Tomatoes, Strawberries, Soy Milk
Veggie Fajitas, Fajita Blend Vegetables, Dairy Free Shredded Cheese, 6" WG Tortilla, Applesauce, Soy Milk	Italian Cultural Meal - Veggie Sausage Cacciatore, Brown Rice, Italian Green Beans, Applesauce, Soy Milk	Asian Tofu Wrap, Diced Tofu, Fresh Spinach, Shredded Carrots, Diced Cucumbers, Borwn Rice, 6" Tortilla, Asian Dressing, Orange, Soy Milk	Vegan Dairy Free Cheeseburger, WG Bun, Vegetarian Reans Pineannles Ketchun Pc	Vegan Sausage Patties (2), Fiesta Corn, Citrus Salad, WG Dinner Roll, Soy Milk
Veggie Crumble A Roni, WG Macaroni, Broccoli, Diced Pears, Soy Milk	Tangerine Veggie Lo Mein w/ Beans, Oriental Blend Vegetables, Tropical Fruit, Soy Milk	17 Roasted Veggie WG Wrap w/ Dairy Free Cheese & Mixed Beans, Banana, Soy Milk	Fall Festival - Veggie Crumble Chili, WG Dinner Roll, Fruit Cup, Soy Milk	Build Your Own Lunchable, Hummus, Flatbread Sqaures, Dairy Free Cheese, Fresh Broccoli w/ French, Banana, Soy Milk
Vegan Burger & Dairy Free Cheese WG Pretzel Melt, Green Beans, Mustard Pc, Orange, Soy Milk	BBQ Veggie Salad, BBQ Roasted Veggies w/ Beans, Chopped Romaine, Dairy Free Cheese, Corn, Shredded Carrots, Dinner Roll, Apricots, Soy Milk		Veggie Burger, WG Bun, Chopped Broccoli w/ Italian Dressing, Citrus Salad, Honey Mustard Pc Soy Milk	Bean Burrito. WG Tortilla. Oven Fries.
Vegan Burger, WG Bun, Cucumber Salad, Applesauce, Ketchup, Soy Milk	Veggie Crumble Nachos, Refried Beans, Shredded Lettuce, Diced Tomatoes, Dairy Free Cheese, WG Tortilla Chips, Pineapples, Soy Milk	Build Your Own Salad, Salad Mix, Mixed Beans (Kidney, Black, Northern) Sliced Cucumbers, Shred Vegan Cheese, Italian Dressing, WG Dinner Roll, Mandarin Oranges, Soy Milk	1	2

## **LUNCH MEAL PATTERNS**

(1-2 yrs) Milk 1/2 Cup, Meat 1 oz, Fruit/Veg 1/8 Cup each, Grain 1/2 oz eq (3-5 yrs) Milk 3/4 Cup, Meat 1 1/2 oz, Fruit/Veg 1/4 Cup Each, Grain 1/2 oz 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

