

# Monthly Lunch Menu



(V:Vegetarian GF: Gluten Free, DF:Dairy Free EGGS: Contain Eggs)

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Vegetarian Chili (V, GF, DF) Greek Yogurt (GF) Whole Wheat Roll Peaches (V, GF, DF) Milk	Turkey Tacos (GF, DF) Soft Tortilla Shells Lettuce/Tomato/Cheese (GF) Brown Rice (V, GF, DF) Oranges(V, GF, DF) Milk	Baked Chicken (GF, DF) Whole Wheat Pasta with Tomato Sauce Peas (V, GF, DF) Pineapple (V,GF, DF) Milk	Roast Beef with Gravy Mashed Potatoes (V) Green Beans (V, GF, DF) Whole Wheat Roll Applesauce (V, GF, DF) Milk	Vegetable Soup (V, GF, DF) Turkey & Cheese on Whole Wheat Roll Grapes (V, GF, DF) Milk
Egg Sandwich (DF) (Eggs) Cheese on Side (GF) Sliced Tomatoes (V, GF, DF) Seasonal Pears (V, GF, DF) Milk	Mini Beef Corn Dog Parsnip/Carrot Fries (V, GF, DF) **Seasonal** Peaches (V, GF, DF) Milk	Grilled Chicken (GF, DF) Mashed Sweet Potatoes (V, GF) Whole Wheat Roll Applesauce (V, GF, DF) Milk	Cheese Pizza Garden Salad (V, GF, DF) Pineapple (V, GF, DF) Milk	Chicken Noodle Soup Grilled Cheese (V) Carrots (V, GF, DF) Apples (V, GF, DF) **Seasonal** Milk
Baked Fish Sticks Baked French Fries (V, GF, DF) Fruit Cocktail (V, GF, DF) Milk	Swedish Meatballs(Eggs) Egg noodles (Eggs) Roasted Beets (V, GF, DF) Pears (V, GF, DF) Milk (4 oz)*	Baked Chicken Nuggets Roasted Butternut Squash (V, GF, DF) **Seasonal** Apples (V, GF, DF) Milk	Meatloaf (Eggs) Corn (V, GF, DF) Mashed Potatoes (V) Whole Wheat Roll Peaches (V, GF, DF) Milk	Minestrone Soup (V) Cheese sandwich On Whole Wheat Roll Grapes (V, GF, DF) Milk
Mac and Cheese (V) Broccoli (V, GF, DF) Seasonal Apples (V, GF, DF) Milk	Wimpies on Whole Wheat Roll Peas (V, GF, DF) Bananas (V, GF, DF) Milk	Shredded Chicken Quesadilla Black Beans (V, GF, DF) Sliced Tomatoes (V, GF, DF) Brown Rice (V, GF, DF) Pears (V, GF, DF) **Seasonal** Milk	Baked Fish Nuggets Sweet Potato Fries (V, GF, DF) Fruit Cocktail (V, GF, DF) Milk	Beef Vegetable Barley (DF) Grilled Cheese (V) Mandarin Oranges (V, GF, DF) Milk



## 1-2 years old

**Child and Adult Care Food Program.** Meals served here must meet nutrition requirements established by USDA's

MyPlate, MyWins aims to help find healthy eating solutions by focusing on all five MyPlate food groups including fruits, vegetables, grains, protein, and dairy to ensure your child gets all the nutrients he/she needs.