 January 2020 – Lunch

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *~This menu is designed for children age 12+ months**Age appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.**This institution is an equal opportunity provider* | **1**Closed For New Year’s Day  | **2**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **3**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **6**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **7**(V) Whole grain pizza\*Garden saladFresh fruit  | **8**Chicken nuggets (V) Veggie nuggetsPotato soup Whole wheat bread/butter\*Fresh fruit  | **9**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **10**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **13**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **14**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **15**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #Grated cheese Spinach saladFresh fruit  | **16**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **17**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*Corn Grated cheese Fresh fruit |
| **20**Closed for MLK Jr Day | **21** Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit | **22**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **23**Bean, corn & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **24**(V) Lasagna Tossed saladFresh fruit  |
| **27**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **28**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **29**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **30**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **31**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |

(V) Vegetarian meal +Whole wheat

#Gluten free ^Vegan

 February 2020 – Lunch

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **4**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **5**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **6**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **7**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **10**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **11**(V) Whole grain pizza\*Garden saladFresh fruit  | **12**Chicken patty (V) Veggie nuggetsTuscan bean and garlic soupWhole wheat bread/butter\*Fresh fruit  | **13**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **14**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **17**Closed For President’s Day | **18**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **19** (V) Broccoli Quiche Peas Whole wheat bread/butter\*Fresh fruit | **20**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **21**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*Corn Grated cheese Fresh fruit |
| **24**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **25**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **26**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **27**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **28**(V) Lasagna Tossed saladFresh fruit  |
|  |  |  |  | *~This menu is designed for children age 12+ months**Age appropriate milk must be served with lunch* |

(V) Vegetarian meal +Whole wheat

#Gluten free ^Vegan

 March 2020 – Lunch

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **3**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **4**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **5**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **6**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **9**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **10**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **11**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **12**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **13**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **16**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **17**(V) Whole grain pizza\*Garden saladFresh fruit  | **18**Chicken nuggets (V) Veggie nuggetsPotato soupWhole wheat bread/butter\*Fresh fruit  | **19**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **20**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **23**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **24**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **25**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #Grated cheese Spinach saladFresh fruit  | **26**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **27**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*Corn Grated cheese Fresh fruit |
| **30**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **31**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  |  | *Fresh fruits include but are not limited to: apples, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.**This institution is an equal opportunity provider* | *~This menu is designed for children age 12+ months**Age appropriate milk must be served with lunch* |

(V) Vegetarian meal +Whole wheat

#Gluten free ^Vegan

 April 2020 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *~This menu is designed for children age 12+ months**Age appropriate milk must be served with lunch* |  | **1**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **2**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **3**(V) Lasagna Tossed saladFresh fruit  |
| **6**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **7**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **8**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **9**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **10**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **13**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **14**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **15**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **16**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **17**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **20**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **21**(V) Whole grain pizza\*Garden saladFresh fruit  | **22**Chicken patty (V) Veggie nuggets Tuscan bean and garlic soupWhole wheat bread/butter\*Fresh fruit  | **23**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **24**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **27**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **28**(V) Broccoli Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **29**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #Grated cheese Spinach saladFresh fruit  | **30**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | *Fresh fruits include but are not limited to: apples, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.**This institution is an equal opportunity provider* |

(V) Vegetarian meal +Whole wheat

#Gluten free ^Vegan

 May 2020 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *~This menu is designed for children age 12+ months**Age appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.**This institution is an equal opportunity provider* |  |  | **1**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*Corn Grated cheese Fresh fruit |
| **4**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **5**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **6**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **7**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **8**(V) Lasagna Tossed saladFresh fruit  |
| **11**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **12**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **13**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **14**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **15**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **18**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **19**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **20**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **21**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **22**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **25**Closed For Memorial Day | **26**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **27** (V) Whole grain pizza\*Garden saladFresh fruit  | **28**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **29**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |

(V) Vegetarian meal +Whole wheat

#Gluten free ^Vegan

 June 2020 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **1**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **2**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **3**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #Grated cheese Spinach saladFresh fruit  | **4**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **5**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*Corn Grated cheese Fresh fruit |
| **8**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **9**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **10**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **11**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **12**(V) Lasagna Tossed saladFresh fruit  |
| **15**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **16**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **17**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **18**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **19**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **22**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **23**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **24**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **25**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **26**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **29**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **30**(V) Whole grain pizza\*Garden saladFresh fruit  |  | *Fresh fruits include but are not limited to: apples, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.**This institution is an equal opportunity provider* | *~This menu is designed for children age 12+ months**Age appropriate milk must be served with lunch* |

(V) Vegetarian meal +Whole wheat

#Gluten free ^Vegan

 July 2020 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *~This menu is designed for children age 12+ months**Age appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.**This institution is an equal opportunity provider* | **1** (V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **2**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit | **3**Closed For Independence Day |
| **6**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **7**(V) Broccoli Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **8**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #Grated cheese Spinach saladFresh fruit  | **9**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **10**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*Corn Grated cheese Fresh fruit |
| **13**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **14**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **15**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **16**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **17**(V) Lasagna Tossed saladFresh fruit  |
| **20**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **21**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **22**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **23**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **24**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **27**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  | **28**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **29**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **30**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **31**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |

(V) Vegetarian meal +Whole wheat

#Gluten free ^Vegan

 August 2020 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **4**(V) Whole grain pizza\*Garden saladFresh fruit  | **5**Chicken nuggets (V) Veggie nuggetsPotato soup Whole wheat bread/butter\*Fresh fruit  | **6**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **7**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **10**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **11**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **12**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #Grated cheese Spinach saladFresh fruit  | **13**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **14**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*Corn Grated cheese Fresh fruit |
| **17**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **18**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **19**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **20**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **21**(V) Lasagna Tossed saladFresh fruit  |
| **24**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **25**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **26**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **27**Hamburger slider(V) Black bean burger #^Bean medley\*Whole wheat roll Fresh fruit  | **28**BBQ chicken leg(V) Mushroom stroganoff ^California blend vegetables \*Whole wheat bread/butter Fresh fruit |
| **31**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamame\*Whole wheat roll Fresh fruit  |  |  | *Fresh fruits include but are not limited to: apples, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.**This institution is an equal opportunity provider* | *~This menu is designed for children age 12+ months**Age appropriate milk must be served with lunch* |

(V) Vegetarian meal +Whole wheat

#Gluten free ^Vegan

 September 2020 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **1**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **2**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslaw\*Whole wheat bread/butterFresh fruit | **3**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrots\*Whole wheat bread/butter Fresh fruit  | **4**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **7**Closed For Labor Day | **8**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **9** (V) Whole grain pizza\*Garden saladFresh fruit | **10**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **11**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **14**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **15**(V) Broccoli Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **16**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #Grated cheese Spinach saladFresh fruit  | **17**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **18**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*Corn Grated cheese Fresh fruit |
| **21**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  | **22**Turkey meatloaf (V) French lentils w/ thyme^Mashed sweet potatoes Whole wheat bread/butter\*Fresh fruit  | **23**Dirty brown rice with beef\*(V) Dirty brown rice^Apple coleslawFresh fruit  | **24**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **25**(V) Lasagna Tossed saladFresh fruit  |
| **28**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **29**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit  | **30**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | *Fresh fruits include but are not limited to: apples, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.**This institution is an equal opportunity provider* | *~This menu is designed for children age 12+ months**Age appropriate milk must be served with lunch* |

(V) Vegetarian meal +Whole wheat

#Gluten free ^Vegan