 Lunch – February, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *~This menu is designed for children age 12+ months*  | *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* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |  | 2/1+Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 2/4Power veggie beef & chicken stewSpinach salad +Whole wheat bread/butterFresh fruit   | 2/5Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 2/6+Dirty brown rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 2/7Black bean, corn, & chicken quesadilla+With whole wheat tortilla Green BeansFresh fruit  | 2/8\*LasagnaTossed saladFresh fruit  |
| 2/11+Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Tossed saladFresh fruit  | 2/12Chicken chili Broccoli & cheese salad+Whole wheat bread/butter Fresh fruit  | 2/13\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 2/14Hamburger sliderBean medley+Whole wheat roll Fresh fruit  | 2/15BBQ chicken legCalifornia blend vegetables +Whole wheat bread/butter Fresh fruit |
| 2/18 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR PRESIDENT’S DAY \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 2/19Turkey sloppy joe Corn & edamame+Whole wheat roll Fresh fruit  | 2/20+\*Whole grain cheese melt Tomato alphabet soup Fresh fruit | 2/21Maryland-style chickenSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 2/22+\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 2/25+Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit | 2/26+\*Whole grain pizzaGarden saladFresh fruit  | 2/27Chicken patty Tuscan bean and garlic soup+ Whole wheat bread/butter Fresh fruit  | 2/28\*Spinach manicotti Winter blend vegetables+Whole wheat bread/butterFresh fruit |  |

\*Vegetarian meal

+Whole grain

 Lunch – March, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *~This menu is designed for children age 12+ months*  | *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* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |  | 3/1\*Beans & Brown riceTossed salad+Tortilla Fresh fruit |
| 3 /4Chicken Alfredo with tri-color pastaSaladFresh fruit  | 3/5\*Broccoli quiche Peas +Whole wheat bread/butterFresh fruit  | 3/6+Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 3/7Chicken leg w/ buttermilk gravyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 3/8+Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 3/11Power veggie beef & chicken stewSpinach salad +Whole wheat bread/butterFresh fruit   | 3/12Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 3/13+Dirty brown rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 3/14Black bean, corn, & chicken quesadilla+With whole wheat tortilla Green BeansFresh fruit  | 3/15\*LasagnaTossed saladFresh fruit  |
| 3/18+Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Tossed saladFresh fruit  | 3/19Chicken chili Broccoli & cheese salad+Whole wheat bread/butter Fresh fruit  | 3/20\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 3/21Hamburger sliderBean medley+Whole wheat roll Fresh fruit  | 3/22BBQ chicken legCalifornia blend vegetables +Whole wheat bread/butter Fresh fruit |
| 3/25Turkey sloppy joe Corn & edamame+Whole wheat roll Fresh fruit  | 3/26+\*Whole grain cheese melt Tomato alphabet soup Fresh fruit  | 3/27Shepherd’s PiePineapple/mango cole slaw+Whole wheat bread/butterFresh fruit | 3/28Maryland-style chickenSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 3/29+\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |

\*Vegetarian meal

+Whole grain

 Lunch – April, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4/1+Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit | 4/2+\*Whole grain pizzaGarden saladFresh fruit  | 4/3Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit  | 4/4\*Spinach manicotti Winter blend vegetables+Whole wheat bread/butterFresh fruit | 4/5\*Beans & Brown riceTossed salad+Tortilla Fresh fruit |
| 4/8Chicken Alfredo with tri-color pastaSaladFresh fruit  | 4/9+Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit | 4/10+Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 4/11Chicken leg w/ buttermilk gravyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 4/12\*Quiche Peas +Whole wheat bread/butterFresh fruit |
| 4/15Power veggie beef & chicken stewSpinach salad +Whole wheat bread/butterFresh fruit   | 4/16Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 4/17+Dirty brown rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 4/18Black bean, corn, & chicken quesadilla+With whole wheat tortilla Green BeansFresh fruit  | 4/19\*LasagnaTossed saladFresh fruit  |
| 4/22+Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Tossed saladFresh fruit  | 4/23Chicken chili Broccoli & cheese salad+Whole wheat bread/butter Fresh fruit  | 4/24\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 4/25Hamburger sliderBean medley+Whole wheat roll Fresh fruit  | 4/26BBQ chicken legCalifornia blend vegetables +Whole wheat bread/butter Fresh fruit |
| 4/29Turkey sloppy joe Corn & edamame+Whole wheat roll Fresh fruit  | 4/30+\*Whole grain cheese melt Tomato alphabet soup Fresh fruit  | *~This menu is designed for children age 12+ months*  | *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* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |

\*Vegetarian meal

+Whole grain

 Lunch – May, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *~This menu is designed for children age 12+ months*  | *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* | 5/1Shepherd’s PiePineapple/mango cole slaw+Whole wheat bread/butterFresh fruit | 5/2Maryland-style chickenSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 5/3+\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 5/6+Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit | 5/7+\*Whole grain pizzaGarden saladFresh fruit  | 5/8Chicken patty Tuscan bean and garlic soup+ Whole wheat bread/butter Fresh fruit  | 5/9\*Spinach manicotti Winter blend vegetables+Whole wheat bread/butterFresh fruit | 5/10\*Beans & Brown riceTossed salad+Tortilla Fresh fruit |
| 5/13Chicken Alfredo with tri-color pastaSaladFresh fruit  | 5/14\*Broccoli quiche Peas +Whole wheat bread/butterFresh fruit  | 5/15+Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 5/16Chicken leg w/ buttermilk gravyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 5/17+Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 5/20Power veggie beef & chicken stewSpinach salad +Whole wheat bread/butterFresh fruit   | 5/21Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 5/22+Dirty brown rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 5/23Black bean, corn, & chicken quesadilla+With whole wheat tortilla Green BeansFresh fruit  | 5/24\*LasagnaTossed saladFresh fruit  |
| 5/27 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR MEMORIAL DAY \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 5/28+Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Tossed saladFresh fruit  | 5/29Chicken chili Broccoli & cheese salad+Whole wheat bread/butter Fresh fruit | 5/30\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 5/31BBQ chicken legCalifornia blend vegetables +Whole wheat bread/butter Fresh fruit |

\*Vegetarian meal

+Whole grain

 Lunch – June, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 6/3Turkey sloppy joe Corn & edamame+Whole wheat roll Fresh fruit  | 6/4+\*Whole grain cheese melt Tomato alphabet soup Fresh fruit  | 6/5Shepherd’s PiePineapple/mango cole slaw+Whole wheat bread/butterFresh fruit | 6/6Maryland-style chickenSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 6/7+\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 6/10+Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit | 6/11+\*Whole grain pizzaGarden saladFresh fruit  | 6/12Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit  | 6/13\*Spinach manicotti Winter blend vegetables+Whole wheat bread/butterFresh fruit | 6/14\*Beans & Brown riceTossed salad+Tortilla Fresh fruit |
| 6/17Chicken Alfredo with tri-color pastaSaladFresh fruit  | 6/18\*Quiche Peas +Whole wheat bread/butterFresh fruit  | 6/19+Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 6/20Chicken leg w/ buttermilk gravyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 6/21+Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 6/24Power veggie beef & chicken stewSpinach salad +Whole wheat bread/butterFresh fruit   | 6/25Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 6/26+Dirty brown rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 6/27Black bean, corn, & chicken quesadilla+With whole wheat tortilla Green BeansFresh fruit  | 6/28\*LasagnaTossed saladFresh fruit  |
|  |  | *~This menu is designed for children age 12+ months*  | *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* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |

\*Vegetarian meal

+Whole grain

 Lunch – July, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7/1+Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Tossed saladFresh fruit  | 7/2Chicken chili Broccoli & cheese salad+Whole wheat bread/butter Fresh fruit  | 7/3\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 7/4 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR INDEPENDENCE DAY \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 7/5BBQ chicken legCalifornia blend vegetables +Whole wheat bread/butter Fresh fruit |
| 7/8Turkey sloppy joe Corn & edamame+Whole wheat roll Fresh fruit  | 7/9+\*Whole grain cheese melt Tomato alphabet soup Fresh fruit  | 7/10Shepherd’s PiePineapple/mango cole slaw+Whole wheat bread/butterFresh fruit | 7/11Maryland-style chickenSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 7/12+\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 7/15+Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit | 7/16+\*Whole grain pizzaGarden saladFresh fruit  | 7/17Chicken patty Tuscan bean and garlic soup+ Whole wheat bread/butter Fresh fruit  | 7/18\*Spinach manicotti Winter blend vegetables+Whole wheat bread/butterFresh fruit | 7/19\*Beans & Brown riceTossed salad+Tortilla Fresh fruit |
| 7/22Chicken Alfredo with tri-color pastaSaladFresh fruit  | 7/23\*Broccoli quiche Peas +Whole wheat bread/butterFresh fruit  | 7/24+Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 7/25Chicken leg w/ buttermilk gravyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 7/26+Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 7/29Power veggie beef & chicken stewSpinach salad +Whole wheat bread/butterFresh fruit   | 7/30Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 7/31+Dirty brown rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | *~This menu is designed for children age 12+ months*  | *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* |

\*Vegetarian meal

+Whole grain

 Lunch – August, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *~This menu is designed for children age 12+ months*  | *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* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* | 8/1Black bean, corn, & chicken quesadilla+With whole wheat tortilla Green BeansFresh fruit  | 8/2\*LasagnaTossed saladFresh fruit  |
| 8/5+Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Tossed saladFresh fruit  | 8/6Chicken chili Broccoli & cheese salad+Whole wheat bread/butter Fresh fruit  | 8/7\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 8/8Hamburger sliderBean medley+Whole wheat roll Fresh fruit  | 8/9BBQ chicken legCalifornia blend vegetables +Whole wheat bread/butter Fresh fruit |
| 8/12Turkey sloppy joe Corn & edamame+Whole wheat roll Fresh fruit  | 8/13+\*Whole grain cheese melt Tomato alphabet soup Fresh fruit  | 8/14Shepherd’s PiePineapple/mango cole slaw+Whole wheat bread/butterFresh fruit | 8/15Maryland-style chickenSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 8/16+\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 8/19+Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit | 8/20+\*Whole grain pizzaGarden saladFresh fruit  | 8/21Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit  | 8/22\*Spinach manicotti Winter blend vegetables+Whole wheat bread/butterFresh fruit | 8/23\*Beans & Brown riceTossed salad+Tortilla Fresh fruit |
| 8/26Chicken Alfredo with tri-color pastaSaladFresh fruit  | 8/27\*Quiche Peas +Whole wheat bread/butterFresh fruit  | 8/28+Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 8/29Chicken leg w/ buttermilk gravyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 8/30+Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |

\*Vegetarian meal

+Whole grain

 Lunch – September, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9/2 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR LABOR DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  | 9/3Power veggie beef & chicken stewSpinach salad +Whole wheat bread/butterFresh fruit  | 9/4Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 9/5+Dirty brown rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit | 9/6\*LasagnaTossed saladFresh fruit  |
| 9/9+Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Tossed saladFresh fruit  | 9/10Chicken chili Broccoli & cheese salad+Whole wheat bread/butter Fresh fruit  | 9/11\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 9/12Hamburger sliderBean medley+Whole wheat roll Fresh fruit  | 9/13BBQ chicken legCalifornia blend vegetables +Whole wheat bread/butter Fresh fruit |
| 9/16Turkey sloppy joe Corn & edamame+Whole wheat roll Fresh fruit  | 9/17+\*Whole grain cheese melt Tomato alphabet soup Fresh fruit  | 9/18Shepherd’s PiePineapple/mango cole slaw+Whole wheat bread/butterFresh fruit | 9/19Maryland-style chickenSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 9/20+\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 9/23+Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit | 9/24+\*Whole grain pizzaGarden saladFresh fruit  | 9/25Chicken patty Tuscan bean and garlic soup+ Whole wheat bread/butter Fresh fruit  | 9/26\*Spinach manicotti Winter blend vegetables+Whole wheat bread/butterFresh fruit | 9/27\*Beans & Brown riceTossed salad+Tortilla Fresh fruit |
| 9/30Chicken Alfredo with tri-color pastaSaladFresh fruit  |  | *~This menu is designed for children age 12+ months*  | *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* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |

\*Vegetarian meal

+Whole grain