



Lunch Menu

Fruit Cocktail includes pineapple, pears, peaches, and grapes. Mixed Vegetables include carrots, potatoes, celery, peas, green beans, corn, and lima beans. All juice is 100% pure fruit juice. "5-A-Day For Better Health Plan" - 5 servings of fruits and vegetables, including: (A) one vitamin A, (B) one vitamin C, and (C) one high-fiber fruit or vegetable. (D) Foods with Iron served at least once each week. One year olds receive whole milk; children 2 and older receive low fat or fat free milk. To accommodate the dietary needs and preferences of our customers, all menu items are free of nut and pork products. Note that "turkey ham" is smoked turkey.

This institution is an equal opportunity provider and employer. All Entrees are "Home Made" unless marked CN (a Child Nutrition labeled product)

	Monday 12/03/18	Tuesday 12/04/18	Wednesday 12/05/18	Thursday 12/06/18	Friday 12/07/18
<u>Entrée</u>	Tyrannosaurus Queso	Monster Meatballs Sub	Chicken Rice & Cheese Casserole	Pizza Tot Casserole	Brontosaurus Bologna & Cheese Sandwich
Meat/Protein	Ground Beef (I) (CN)	Ground Beef Meatballs (CN)	Chicken, Diced Cheese, Shredded Cheddar	Ground Beef (I) (CN)	Turkey Bologna Cheese, Sliced American
Vegetable/Fruit	Chili Beans (f)	Carrot Sticks (A,f)	Sliced Zucchini	Tator Tots	Broccoli, raw (A&C,f)
Fruit/Vegetable	Diced Peaches (A&C)	Diced Pears (C)	Oranges (C,f)	Pineapple Bits (C)	Apples (C,f)
Bread	Saltines	Hotdog Buns	Rice	Dinner rolls	Whole Grain Sandwich Bread
Milk	Milk	Milk	Milk	Milk	Milk
<u>Entrée</u>					
Meat/Protein	Ground Beef (I) (CN)	Ground Beef Patties (CN)	Queasy Mac & Ham	Chicken Queso	Classic Ham & Cheese Sandwich
Vegetable/Fruit	Pinto Beans (f)	Mashed Potatoes	Cucumbers	Chicken, Diced	Turkey Ham (non-pork)
Fruit/Vegetable	Apples (C,f)	Diced Pears (C)	Oranges (C,f)	Beans, Great Northern (f)	Cheese, Sliced American
Bread	Flour Tortillas 6"	Whole Grain Bread	Macaroni	Diced Peaches (A&C)	Celery Sticks
Milk	Milk	Milk	Milk	Saltines	Bananas (C,f)
<u>Entrée</u>					
Meat/Protein	Crispy Chicken Sandwich	Quesadilla	Green Queso Chicken Burrito	BBQ Chicken & Rice	Torpedo Sandwich
Vegetable/Fruit	Peas & Carrots (A,f)	Carrot Sticks (A,f)	Chicken, Diced Cheese, Shredded Cheddar	Chicken, Diced	Turkey Breast
Fruit/Vegetable	Pineapple Bits (C)	Diced Pears (C)	Corn	Celery Sticks	Cucumbers
Bread	Hamburger Buns	Macaroni	Flour Tortillas 6"	Diced Peaches (A&C)	Bananas (C,f)
Milk	Milk	Milk	Milk	Rice	Whole Grain Sandwich Bread
<u>Entrée</u>					
Meat/Protein	Chicken Tacos	Grilled Hamburgers	Ham & Scalloped Potato Casserole	Tater Tot Casserole	Turkey & Cheese Sandwich
Vegetable/Fruit	Chicken, Diced Cheese, Shredded Cheddar	Ground Beef Patties (CN)	Turkey Ham (non-pork) Diced Parmesan Cheese	Ground Beef (I) (CN)	Turkey Breast
Fruit/Vegetable	Chili Beans (f)	Corn	Potato, Sliced	Tator Tots	Carrot Sticks (A,f)
Bread	Diced Pears (C)	Oranges (C,f)	Apples (C,f)	Fruit Cocktail (A)	Bananas (C,f)
Milk	Flour Tortillas 6"	Hamburger Buns	Dinner rolls	Whole Grain Bread	Whole Grain Sandwich Bread
<u>Entrée</u>					
Meat/Protein	Mexican Turkey Hash	Italian Meatballs w Penne	Hot Turkey & Gravy	Spanish Rice w Beef	Bologna & Cheese Sandwiches
Vegetable/Fruit	Ground Turkey Cheese, Shredded Cheddar	Ground Beef Meatballs (CN)	Turkey Breast	Ground Beef (I) (CN)	Turkey Bologna
Fruit/Vegetable	Potato, Diced	Celery Sticks	Mashed Potatoes	Cucumbers	Carrot Sticks (A,f)
Bread	Diced Pears (C)	Diced Peaches (A&C)	Whole Grain Bread	Fruit Cocktail (A)	Apples (C,f)
Milk	Flour Tortillas 6"	Penne Pasta	Milk	Rice	Whole Grain Sandwich Bread
	Milk	Milk	Milk	Milk	Milk