

# Lunch Schedule

## EGG & DAIRY FREE - DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	<b>3 Grilled Chicken</b> Chicken Wheat Bread (WGR) *EDF Mixed Veggies Sliced Apples 1% or Whole Milk	<b>4 Sloppy Joe</b> Ground Beef/Turkey Blend Wheat Roll (WGR) *EDF Carrots Pineapple 1% or Whole Milk	<b>5 Sun Butter on English Muffin</b> Sun Butter English Muffin (WGR) *EDF Green Beans Fresh Banana 1% or Whole Milk	<b>6 Wild Rice Chicken</b> Chicken Wild/Brown Rice Blend *EDF Corn Fresh Orange Slices 1% or Whole Milk	<b>7 Turkey Sandwich</b> Cheddar Cheese Wheat Bread (WGR) *EDF Cucumber Salad Fresh Cantaloupe 1% or Whole Milk	8
9	<b>10 Grilled Chicken</b> Chicken Wheat Bread (WGR) *EDF Corn Fresh Apple 1% or Whole Milk	<b>11 Turkey</b> Turkey Mashed Potatoes Wheat Roll (WGR) *EDF Applesauce 1% or Whole Milk	<b>12 Chicken Sliders</b> Chicken Wheat Roll (WGR) *EDF Mixed Veggies Fresh Banana 1% or Whole Milk	<b>13 Italian Chicken Pasta</b> Chicken Wheat Rotini (WRG) *EDF Green Beans Pears 1% or Whole Milk	<b>14 BBQ Chicken Wrap</b> Chicken Wheat Tortilla (WGR) Green Beans Pineapple 1% or Whole Milk	15
16	<b>17 BBQ Hamburger</b> 100% Beef Hamburger Wheat Roll (WGR) *EDF Mixed Veggies Apple Slices 1% or Whole Milk	<b>18 Italian Chicken Pasta</b> Chicken Wheat Rotini (WRG) *EDF Corn Fresh Orange Slices 1% or Whole Milk <small>*Topped with Turkey Pepperoni</small>	<b>19 Beef Taco</b> Ground Beef/Turkey Blend Wheat Tortilla (WRG) *EDF Carrots Fresh Banana 1% or Whole Milk	<b>20 Wild Rice Chicken</b> Chicken Wild/Brown Rice Blend *EDF Peas Fresh Banana 1% or Whole Milk	<b>21 Sun Butter on English Muffin</b> Sun Butter Wheat Bread (WGR) *EDF Baked Beans Pineapple 1% or Whole Milk	22
23	<b>24 Beef Taco</b> Ground Beef/Turkey Blend Wheat Tortilla (WRG) *EDF Vegetable Blend Sliced Apple 1% or Whole Milk	<b>25 Closed</b> <b>Happy Holidays</b>	<b>26 Turkey Sliders</b> Turkey Whole Grain Roll (WGR) *EDF Corn Fresh Orange Slices 1% or Whole Milk	<b>27 Chicken Chili</b> Chicken Wheat Roll (WGR) *EDF Peas Applesauce 1% or Whole Milk	<b>28 Turkey Wrap</b> Chicken Wheat Tortilla (WRG) *EDF Cucumber Salad Fresh Cantaloupe 1% or Whole Milk	29
30	<b>31 BBQ Chicken</b> Chicken Wheat Roll (WGR) *EDF Carrots Pineapple 1% or Whole Milk					

All lunches follow cacfp (child and adult care food program)

**Milk Guide** 12-24 months (1/2 cup Whole Milk) 3-5 Years (3/4cup 1% Milk) Snack (1/2cup 1% Milk) 6-Adult (1cup 1% Milk)  
 (WGR) = Whole Grain-Rich Foods \*EDF (Egg & Dairy Free)

