

Lunch Schedule

VEGETARIAN - DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Seasoned Black Beans Black Beans Wheat Bread (WGR) Mixed Veggies Sliced Apples 1% or Whole Milk	4 Sun Butter Sandwich Sun Butter Hamburger Bun (WGR) Carrots Pineapple 1% or Whole Milk	5 Italian Pasta Mozz/Ched Cz Rotini (WGR) Green Beans Fresh Banana 1% or Whole Milk	6 Wild Rice Veggie Burger Wild/Brown Rice Blend (WGR) Corn Fresh Orange Slices 1% or Whole Milk	7 Grilled Cheese Cheddar Cheese Wheat Bread (WGR) Cucumber Salad Fresh Cantaloupe 1% or Whole Milk	8
9	10 Veggie Burger Veggie Burger & Gravy Wheat Bread (WGR) Corn Fresh Apple 1% or Whole Milk	11 Sun Butter Sandwich Sun Butter Hamburger Bun (WGR) Mashed Potatoes Applesauce 1% or Whole Milk	12 Cheddar Ranch Sliders Cheddar Cheese Whole Grain Roll (WGR) Mixed Veggies Fresh Banana 1% or Whole Milk	13 Taco Mac N Cheese Cheddar Cz Wheat Elbow (WGR) Green Beans Pears 1% or Whole Milk	14 Black Bean Wrap Black Beans Wheat Tortilla (WGR) Green Beans Pineapple 1% or Whole Milk	15
16	17 BBQ Veggie Hamburger Veggie Burger Wheat Roll (WGR) Mixed Veggies Apple Slices 1% or Whole Milk	18 Pizza Pasta Mozz/Cheddar Cz Wheat Elbow (WGR) Corn Fresh Orange Slices 1% or Whole Milk	19 Cheddar Rollup Cheddar Cheese Wheat Tortilla (WGR) Carrots Fresh Banana 1% or Whole Milk	20 Wild Rice & Beans Black Beans Wild/Brown Rice Blend (WGR) Peas Fresh Banana 1% or Whole Milk	21 Grilled Cheese Cheddar Cheese Wheat Bread (WGR) Baked Beans Pineapple 1% or Whole Milk	22
23	24 Black Bean Taco Black Beans Wheat Tortilla (WGR) Vegetable Blend Sliced Apple 1% or Whole Milk	25 Closed Happy Holidays	26 Veggie Bombers Veggie Burger Wheat Roll (WGR) Corn Fresh Orange Slices 1% or Whole Milk	27 Veggie Chili Beans Wheat Roll (WGR) Peas Applesauce 1% or Whole Milk	28 Cheddar Rollup Cheddar Cheese Wheat Tortilla (WGR) Cucumber Salad Fresh Cantaloupe 1% or Whole Milk	29
30	31 Sun Butter Sandwich Sun Butter Hamburger Bun (WGR) 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

