

Lunch Schedule

EGG & DAIRY FREE - JANUARY 2019

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

