

Lunch Schedule

VEGETARIAN JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Closed Happy New Year	2 Veggie Burger Bombers Veggie Burger Wheat Roll (WGR) Corn Fresh Apples 1% or Whole Milk	3 Mac N Cheese 100% Cheddar Cheese Wheat Rotini (WGR) Carrots Fresh Orange Slices 1% or Whole Milk	4 Cheese Wrap Low Fat Mozz Cheese Wheat Tortilla (WGR) Peas Peaches 1% or Whole Milk	5
6	7 Veggie Burger Veggie Burger & Gravy Wheat Bread (WGR) Corn Apple Slices 1% or Whole Milk	8 Sun Butter Sandwich Sun Butter Wheat Bun (WGR) Mashed Potatoes Fresh Orange Slices 1% or Whole Milk	9 Cheddar Rollup Cheddar Cheese Wheat Tortilla (WGR) Mixed Veggies Fresh Banana 1% or Whole Milk	10 Taco Mac N Cheese Cheddar Cz Wheat Elbow (WRG) Green Beans Applesauce 1% or Whole Milk	11 Black Bean Wrap Black Beans Wheat Tortilla (WGR) Cucumber Salad Pineapple 1% or Whole Milk	12
13	14 BBQ Veggie Hamburger Veggie Burger Wheat Roll (WGR) Mixed Veggies Peaches 1% or Whole Milk	15 Pizza Pasta Mozz/Cheddar Cz Wheat Elbow (WGR) Corn Fresh Orange Slices 1% or Whole Milk	16 Cheddar Rollup Cheddar Cheese Wheat Tortilla (WGR) Carrots Applesauce 1% or Whole Milk	17 Sun Butter Sandwich Sun Butter Wheat Bun (WGR) Peas Fresh Banana 1% or Whole Milk	18 Mac N Cheese Cheddar Cz Wheat Rotini (WGR) Baked Beans Pineapple 1% or Whole Milk	19
20	21 Veggie Burger Bombers Veggie Burger Wheat Rotini (WGR) Corn Fresh Apple 1% or Whole Milk	22 Black Bean Wrap Black Beans Wheat Tortilla (WGR) Vegetable Blend Peaches 1% or Whole Milk	23 Sun Butter Sandwich Sun Butter Wheat Bun (WGR) Wheat Roll Fresh Orange Slices 1% or Whole Milk	24 Chili Beans Wheat Roll (WGR) Peas Pears 1% or Whole Milk	25 Grilled Cheese Cheddar Cheese Wheat Bread (WGR) Baked Beans Applesauce 1% or Whole Milk	26
27	28 Black Bean Wrap Black Beans Wheat Tortilla (WGR) Mixed Veggies Apple Slices 1% or Whole Milk	29 Sun Butter Sandwich Sun Butter Wheat Bun (WGR) Corn Fresh Orange Slices 1% or Whole Milk	30 Cheddar Rollup Cheddar Cheese Wheat Tortilla (WGR) Carrots Pineapple 1% or Whole Milk	31 Cheddar Rice Cheddar Cheese 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

