

Lunch Schedule

EGG & DAIRY FREE - MARCH 2019

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

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)

