Sample Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges All lunches served with age appropriate milk, either 1% or whole milk.	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges		Cheesy Baked Ziti ½ c Sweet Yellow Corn ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit
4	5	6	7	8
Teriyaki Chicken Strips 2 oz ea & Enriched Long Grain Rice ¼ c Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Veggie Egg Roll Fresh or Chilled Fruit	Creamy Mac & Cheese ½ c Fresh Green Beans ¼ c Veggie: Creamy Mac & Cheese Fresh or Chilled Fruit	"Breakfast For Lunch" Jumbo Waffles 2 ea w/ Syrup Turkey Sausage Link 1 ea Veggie: Veggie Breakfast Patty Fresh or Chilled Fruit	Four Cheese Ravioli w/ Marinara Sauce ½ c California Mixed Vegetables ¼ c Veggie: Four Cheese Ravioli Fresh or Chilled Fruit	Whole Grain Baked Chicken Nuggets 4 ea Cooked Sweet Baby Peas ¼ c Veggie: Chik'n Nuggets 4 ea Fresh or Chilled Fruit
11	12	13	14	15
Rainbow Tortellini Pasta Blend w/ Marinara Sauce ½ c Sweet Yellow Corn ¼ c Veggie: Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce Fresh or Chilled Fruit	Grilled Fresh Chicken Breast 1 ea & Enriched Long Grain Rice ¼ c; Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Veggie Chik Patty Fresh or Chilled Fruit	"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Turkey Sausage Link 1 ea Veggie: Veggie Breakfast Patty Fresh or Chilled Fruit	Italian Spaghetti w/ Bolognese (non-beef) Sauce ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Italian Spaghetti w/ Marinara; Fresh or Chilled Fruit	Slow Roasted Turkey & Cheese Sub 1 ea Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Double Cheese Sub Fresh or Chilled Fruit
18	19	20	21	22
Whole Grain Baked Chicken Nuggets 4 ea Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Creamy Chicken Penne Alfredo ½ c Cooked Sweet Baby Peas ¼ c Veggie: Penne Alfredo Fresh or Chilled Fruit	Northwestern Pollock Fish Patty on Bun Cooked Carrot Coins ¼ c Veggie: Morningstar Garden Burger on Bun Fresh or Chilled Fruit	Salisbury Steak 1 ea & Beef Gravy; Creamy Mashed Potatoes ¼ c Sweet Yellow Corn ¼ c Veggie: Veggie Chik Patty Fresh or Chilled Fruit	Cheesy Baked Ziti ½ c Fresh Green Beans ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit
25	26	27	28	29
Beef Taco Rice Bowl (Beef Taco 2 oz over Rice ¼ c w/ Cheddar Cheese) Cooked Carrot Coins ¼ c Veggie: Bean Rice Bowl Fresh or Chilled Fruit	Creamy Mac & Cheese ½ c California Blend Mixed Vegetables ¼ c Veggie: Creamy Mac & Cheese Fresh or Chilled Fruit	"Breakfast For Lunch" French Toast Sticks 3 ea w/ Syrup Turkey Sausage Link 1 ea Veggie: Veggie Breakfast Patty Fresh or Chilled Fruit	Baked Chicken Fingers 3 ea Sweet Yellow Corn ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Slow Roasted Turkey & Cheese Sub 1 ea Five-Way Hot Mixed Vegetables ¼ c Veggie: Double Cheese Sub Fresh or Chilled Fruit