



January 2020 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</p> | <p>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p> | <p>1 Closed For New Year's Day</p> | <p>2 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit</p> | <p>3 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit</p> |
| <p>6 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p> | <p>7 (V) Whole grain pizza* Garden salad Fresh fruit</p> | <p>8 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit</p> | <p>9 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p> | <p>10 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit</p> |
| <p>13 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p> | <p>14 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit</p> | <p>15 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit</p> | <p>16 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit</p> | <p>17 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit</p> |
| <p>20 Closed for MLK Jr Day</p> | <p>21 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit</p> | <p>22 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p> | <p>23 Bean, corn & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p> | <p>24 (V) Lasagna Tossed salad Fresh fruit</p> |
| <p>27 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p> | <p>28 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit</p> | <p>29 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p> | <p>30 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p> | <p>31 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p> |

(V) Vegetarian meal
#Gluten free

+Whole wheat
^Vegan



February 2020 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 3 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit | 4 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 5 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit | 6 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit | 7 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 10 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 11 (V) Whole grain pizza* Garden salad Fresh fruit | 12 Chicken patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit | 13 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit | 14 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit |
| 17 <p style="text-align: center;">Closed For President's Day</p> | 18 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 19 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit | 20 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit | 21 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit |
| 24 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit | 25 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 26 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit | 27 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 28 (V) Lasagna Tossed salad Fresh fruit |
| | | | | <i>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</i> |

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#Gluten free

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March 2020 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 2 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 3 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 4 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 5 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit | 6 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit |
| 9 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit | 10 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 11 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit | 12 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit | 13 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 16 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 17 (V) Whole grain pizza* Garden salad Fresh fruit | 18 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit | 19 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit | 20 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit |
| 23 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 24 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit | 25 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit | 26 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit | 27 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit |
| 30 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit | 31 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i> <i>This institution is an equal opportunity provider</i> | <i>~This menu is designed for children age 12+ months</i> <i>Age appropriate milk must be served with lunch</i> |

(V) Vegetarian meal
 #Gluten free

+Whole wheat
 ^Vegan



April 2020 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p><i>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</i></p> | | <p>1 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p> | <p>2 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p> | <p>3 (V) Lasagna Tossed salad Fresh fruit</p> |
| <p>6 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p> | <p>7 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit</p> | <p>8 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p> | <p>9 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p> | <p>10 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p> |
| <p>13 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit</p> | <p>14 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit</p> | <p>15 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit</p> | <p>16 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit</p> | <p>17 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit</p> |
| <p>20 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p> | <p>21 (V) Whole grain pizza* Garden salad Fresh fruit</p> | <p>22 Chicken patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit</p> | <p>23 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p> | <p>24 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit</p> |
| <p>27 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p> | <p>28 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit</p> | <p>29 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit</p> | <p>30 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit</p> | <p><i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i></p> |

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May 2020 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| <p>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</p> | <p>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p> | | | <p>1 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit</p> |
| <p>4 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit</p> | <p>5 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit</p> | <p>6 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p> | <p>7 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p> | <p>8 (V) Lasagna Tossed salad Fresh fruit</p> |
| <p>11 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p> | <p>12 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit</p> | <p>13 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p> | <p>14 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p> | <p>15 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p> |
| <p>18 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit</p> | <p>19 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit</p> | <p>20 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit</p> | <p>21 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit</p> | <p>22 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit</p> |
| <p>25 Closed For Memorial Day</p> | <p>26 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p> | <p>27 (V) Whole grain pizza* Garden salad Fresh fruit</p> | <p>28 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p> | <p>29 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit</p> |

(V) Vegetarian meal
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+Whole wheat
^Vegan



June 2020 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 1 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 2 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit | 3 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit | 4 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit | 5 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit |
| 8 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit | 9 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 10 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit | 11 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 12 (V) Lasagna Tossed salad Fresh fruit |
| 15 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 16 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 17 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 18 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit | 19 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit |
| 22 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit | 23 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 24 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit | 25 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit | 26 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 29 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 30 (V) Whole grain pizza* Garden salad Fresh fruit | | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i> <i>This institution is an equal opportunity provider</i> | <i>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</i> |

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July 2020 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <p>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</p> | <p>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p> | <p>1 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p> | <p>2 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit</p> | <p>3 Closed For Independence Day</p> |
| <p>6 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p> | <p>7 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit</p> | <p>8 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit</p> | <p>9 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit</p> | <p>10 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit</p> |
| <p>13 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit</p> | <p>14 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit</p> | <p>15 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p> | <p>16 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p> | <p>17 (V) Lasagna Tossed salad Fresh fruit</p> |
| <p>20 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p> | <p>21 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit</p> | <p>22 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p> | <p>23 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p> | <p>24 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p> |
| <p>27 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit</p> | <p>28 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit</p> | <p>29 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit</p> | <p>30 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit</p> | <p>31 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit</p> |

(V) Vegetarian meal
#Gluten free

+Whole wheat
^Vegan



August 2020 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 3 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 4 (V) Whole grain pizza* Garden salad Fresh fruit | 5 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit | 6 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit | 7 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit |
| 10 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 11 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit | 12 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit | 13 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit | 14 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit |
| 17 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit | 18 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 19 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit | 20 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 21 (V) Lasagna Tossed salad Fresh fruit |
| 24 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 25 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 26 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | 27 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit | 28 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit |
| 31 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit | | | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i> <i>This institution is an equal opportunity provider</i> | <i>~This menu is designed for children age 12+ months</i> <i>Age appropriate milk must be served with lunch</i> |

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 #Gluten free

+Whole wheat
 ^Vegan



September 2020 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| | 1 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 2 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit | 3 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit | 4 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 7 Closed For Labor Day | 8 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 9 (V) Whole grain pizza* Garden salad Fresh fruit | 10 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit | 11 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit |
| 14 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 15 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit | 16 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit | 17 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit | 18 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit |
| 21 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit | 22 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 23 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit | 24 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 25 (V) Lasagna Tossed salad Fresh fruit |
| 28 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit | 29 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 30 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> | |

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