

# Lunch Schedule

## EGG & DAIRY FREE - OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>BBO Hamburger</b> 100% Beef Hamburger Wheat Roll (WGR) *EDF Baked Beans Pineapple Lactaid Milk	<b>2</b> <b>Turkey Sliders</b> Turkey Whole Grain Roll (WGR) *EDF Green Beans Fresh Apple Lactaid Milk	<b>3</b> <b>Sun Butter on English Muffin</b> Sun Butter English Muffin (WGR) *EDF Corn Fresh Watermelon Lactaid Milk	<b>4</b> <b>Chicken &amp; Rice</b> Chicken Brown Rice (WGR) *EDF Mixed Veggies Applesauce Lactaid Milk	<b>5</b> <b>Tuna Salad</b> Tuna Wheat Rotini (WRG) *EDF Fresh Garden Salad Fresh Banana Lactaid Milk	<b>6</b>
<b>7</b>	<b>8</b> <b>BBO Chicken Wrap</b> Chicken Wheat Tortilla (WRG) *EDF Corn Sliced Apples 1% or Whole Milk	<b>9</b> <b>Sloppy Joe</b> Ground Beef/Turkey Blend Whole Grain Roll (WGR) *EDF Carrots Pineapple Lactaid Milk	<b>10</b> <b>Italian Chicken Pasta</b> Chicken Wheat Rotini (WRG) *EDF Green Beans Fresh Banana Lactaid Milk	<b>11</b> <b>Beef Taco</b> Ground Beef/Turkey Blend Wheat Tortilla (WRG) *EDF Mixed Veggies Fresh Orange Slices Lactaid Milk	<b>12</b> <b>Sun Butter on English Muffin</b> Sun Butter Wheat Bread (WGR) *EDF Cucumber Salad Fresh Cantaloupe Lactaid Milk	<b>13</b>
<b>14</b>	<b>15</b> <b>BBO Chicken</b> Chicken Wheat Bread (WGR) *EDF Corn Fresh Apple 1% or Whole Milk	<b>16</b> <b>Turkey Sliders</b> Turkey Whole Grain Roll (WGR) *EDF Tater Tots Fresh Banana Lactaid Milk	<b>17</b> <b>Chicken &amp; Noodles</b> Chicken Wheat Rotini (WRG) *EDF Carrots Applesauce Lactaid Milk	<b>18</b> <b>Italian Chicken Pasta</b> Chicken Wheat Rotini (WRG) *EDF Green Beans Fresh Watermelon Lactaid Milk	<b>19</b> <b>Chicken Rollup</b> Chicken Wheat Tortilla (WRG) *EDF Green Beans Pineapple Lactaid Milk	<b>20</b>
<b>21</b>	<b>22</b> <b>Chicken Nuggets</b> Chicken Wheat Bread (WRG) Mixed Veggies Apple Slices 1% or Whole Milk	<b>23</b> <b>Sun Butter on English Muffin</b> Sun Butter Wheat Bread (WGR) *EDF Corn Fresh Orange Slices Lactaid Milk *Topped with Turkey Pepperoni	<b>24</b> <b>Turkey Sliders</b> Turkey Whole Grain Roll (WGR) *EDF Fresh Garden Salad Fresh Banana Lactaid Milk	<b>25</b> <b>Italian Chicken Pasta</b> Chicken Wheat Rotini (WRG) *EDF Carrots Fresh Apple Lactaid Milk	<b>26</b> <b>Sun Butter on English Muffin</b> Sun Butter Wheat Bread (WGR) *EDF Cucumber Salad Fresh Cantaloupe Lactaid Milk	<b>27</b>
<b>28</b>	<b>29</b> <b>BBO Hamburger</b> 100% Beef Hamburger Wheat Roll (WGR) *EDF Vegetable Blend Sliced Apple 1% or Whole Milk	<b>30</b> <b>Turkey Sliders</b> Turkey Whole Grain Roll (WGR) *EDF Carrots Pineapple 1% or Whole Milk	<b>31</b> <b>Beef Taco</b> Ground Beef/Turkey Blend Wheat Tortilla (WRG) *EDF Corn Fresh Orange Slices 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)

