

Lunch Schedule

EGG & DAIRY FREE - JANUARY 2019

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

