

January 2019 Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| | 1 New Year's Day Center Closed | 2 Mac & Cheese Baked Beans Corn Bananas Milk | 3 Chicken Patty on (WG) Bun Steamed Broccoli w/ Cheese, Apple Slices, Milk | 4 Turkey & Cheese (WG) Hoagies Carrots w/ Ranch Tropical Fruit Milk |
| 7 Fish Filet (WG) Breadstick Green Beans Applesauce Milk | 8 Ham & Cheese (WG) Roll-Up Cucumbers Pineapples Milk | 9 Chicken Nuggets (WG) Bread w/ Butter, Corn GS Apple Slices Milk | 10 Sloppy Joe w/ (WG) Bun Diced Carrots Pears Milk | 11 Cheese Pizza Romaine Salad Mandarin Oranges Milk |
| 14 Eggs w/ (WG) Toast Mixed Veggies Peaches Milk | 15 Mac & Cheese Baked Beans Green Beans Apple Slices Milk | 16 Meatball & Cheese (WG) Bun Diced Carrots Fruit Cocktail Milk | 17 Turkey & Cheese "Lunch-able" Broccoli w/ Ranch Applesauce Milk | 18 Pasta & Gravy w/ Chicken Peas Bananas Milk |
| 21 Sloppy Joe w/ (WG) Bun Green Beans Pineapples Milk | 22 Fish Filet (WG) Breadstick Sweet Potatoes Tropical Fruit Milk | 23 Hot Ham & Cheese (WG) Hoagies, T. Soup Mixed Veggies Peaches, Milk | 24 Beef Taco w/ Cheese on (WG) Wrap Cucumbers Pears, Milk | 25 Cheese Pizza Romaine Salad Mandarin Oranges Milk |
| 28 Pasta & Meatballs w/ Sauce Romaine Salad Applesauce Milk | 29 Egg Patty w/ Cheese on (WG) Flatbread, Peas Fruit Cocktail Milk | 30 Mac & Cheese Baked Beans Corn Bananas Milk | 31 Chicken Patty on (WG) Bun Steamed Broccoli w/ Cheese, Apple Slices, Milk | |

| Food Components | Minimum Serving Sizes: 1-2 years | Minimum Serving Sizes: 3-5 years | Minimum Serving Sizes: 6-12 years |
|----------------------|-------------------------------------|-------------------------------------|--------------------------------------|
| Fluid Milk | 4 fluid ounces | 6 fluid ounces | 8 fluid ounces |
| Meat/Meat Alternates | 1 ounce | 1 1/2 ounces | 2 ounces |
| Vegetables | 1/8 cup | 1/4 cup | 1/2 cup |
| Fruits | 1/8 cup | 1/4 cup | 1/4 cup |
| Grains | 1/2 slice or 1/4 cup | 1/2 slice or 1/4 cup | 1 slice or 1/2 cup |

***Please utilize Lunch/Supper Meal Pattern Sheet posted by menu in kitchen for additional information on serving sizes.**