 Lunch – January, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1/2\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR NEW YEAR’S DAY HOLIDAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 1/3Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 1/4Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 1/5\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 1/6Hamburger sliderBean medleyRoll Fresh fruit  |
| 1/9\*Cheese melt Tomato alphabet soup Fresh fruit  | 1/10Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 1/11Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 1/12Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 1/13\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 1/16\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR MLK JR’S BIRTHDAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 1/17Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 1/18\*PizzaGarden saladFresh fruit  | 1/19\*Beans & RiceTossed saladTortilla Fresh fruit  | 1/20\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR INNAUGURATION DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* |
| 1/23 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 1/24Broccoli quichePeas Whole wheat bread/butterFresh fruit  | 1/25Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 1/26Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 1/27Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 1/30Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 1/31Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | *~This menu is designed for children age 12+ months* | *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.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with lunch* |

\*Vegetarian meal

 Lunch – February, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *~This menu is designed for children age 12+ months* |  | 2/1Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 2/2Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 2/3\*LasagnaTossed saladFresh fruit  |
| 2/6Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 2/7Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 2/8\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 2/9Hamburger sliderBean medleyRoll Fresh fruit  | 2/10BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 2/13\*Cheese melt Tomato alphabet soup Fresh fruit  | 2/14Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 2/15Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 2/16Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 2/17\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 2/20\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR PRESIDENT’SDAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 2/21Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 2/22\*PizzaGarden saladFresh fruit  | 2/23\*Beans & RiceTossed saladTortilla Fresh fruit  | 2/24\*Spinach manicotti CarrotsWhole wheat bread/butter Fresh fruit  |
| 2/27 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 2/28QuichePeas Whole wheat bread/butterFresh fruit  |  | *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.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with lunch* |

\*Vegetarian meal

 Lunch – March, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with lunch**~This menu is designed for children age 12+ months* | *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.* | 3/1Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 3/2Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 3/3Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 3/6Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 3/7Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 3/8Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 3/9Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 3/10\*LasagnaTossed saladFresh fruit  |
| 3/13Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 3/14Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 3/15\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 3/16Hamburger sliderBean medleyRoll Fresh fruit  | 3/17BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 3/20\*Cheese melt Tomato alphabet soup Fresh fruit  | 3/21Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 3/22Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 3/23Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 3/24\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 3/27Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 3/28\*PizzaGarden saladFresh fruit  | 3/29Chicken nuggetsTuscan bean and garlic soupWheat bread/butter Fresh fruit  | 3/30\*Beans & RiceTossed saladTortilla Fresh fruit  | 3/31\*Spinach manicotti CarrotsWhole wheat bread/butter Fresh fruit  |

\*Vegetarian meal

 Lunch – April, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4/3 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 4/4Broccoli quichePeas Whole wheat bread/butterFresh fruit  | 4/5Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 4/6Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 4/7Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 4/10Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 4/11Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 4/12Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 4/13Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 4/14\*LasagnaTossed saladFresh fruit  |
| 4/17Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 4/18Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 4/19\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 4/20Hamburger sliderBean medleyRoll Fresh fruit  | 4/21BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 4/24\*Cheese melt Tomato alphabet soup Fresh fruit  | 4/25Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 4/26Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 4/27Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 4/28\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
|  |  | *~This menu is designed for children age 12+ months* | *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.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with lunch* |

\*Vegetarian meal

 Lunch – May, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5/1Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 5/2\*PizzaGarden saladFresh fruit  | 5/3Chicken patty Tuscan bean and garlic soupWheat bread/butter Fresh fruit  | 5/4\*Beans & RiceTossed saladTortilla Fresh fruit  | 5/5\*Spinach manicotti CarrotsWhole wheat bread/butter Fresh fruit  |
| 5/8 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 5/9Quiche Peas Whole wheat bread/butterFresh fruit  | 5/10Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 5/11Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 5/12Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 5/15Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 5/16Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 5/17Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 5/18Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 5/19\*LasagnaTossed saladFresh fruit  |
| 5/22Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 5/23Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 5/24\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 5/25Hamburger sliderBean medleyRoll Fresh fruit  | 5/26BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 5/29\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR MEMORIAL DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 5/30\*Cheese melt Tomato alphabet soup Fresh fruit  | 5/31Turkey sloppy joe Corn & edamameRoll Fresh fruit  | *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 menu is designed for children age 12+ months* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with lunch* |

\*Vegetarian meal

 Lunch – June, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with lunch* | *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 menu is designed for children age 12+ months* | 6/1Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 6/2\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 6/5Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 6/6\*PizzaGarden saladFresh fruit  | 6/7Chicken nuggets Potato soup Wheat bread/butter Fresh fruit  | 6/8\*Beans & RiceTossed saladTortilla Fresh fruit  | 6/9\*Spinach manicotti CarrotsWhole wheat bread/butter Fresh fruit  |
| 6/12 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 6/13Broccoli quichePeas Whole wheat bread/butterFresh fruit  | 6/14Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 6/15Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 6/16Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 6/19Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 6/20Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 6/21Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 6/22Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 6/23\*LasagnaTossed saladFresh fruit  |
| 6/26Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 6/27Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 6/28\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 6/29Hamburger sliderBean medleyRoll Fresh fruit  | 6/30BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |

\*Vegetarian meal

 Lunch – July, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7/3\*Cheese melt Tomato alphabet soup Fresh fruit  | 7/4\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR INDEDPENDENCE DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 7/5Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 7/6Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 7/7\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 7/10Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 7/11\*PizzaGarden saladFresh fruit  | 7/12Chicken patty Tuscan bean and garlic soupWheat bread/butter Fresh fruit  | 7/13\*Beans & RiceTossed saladTortilla Fresh fruit  | 7/14\*Spinach manicotti CarrotsWhole wheat bread/butter Fresh fruit  |
| 7/17 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 7/18Quiche Peas Whole wheat bread/butterFresh fruit  | 7/19Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 7/20Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 7/21Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 7/24Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 7/25Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 7/26Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 7/27Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 7/28\*LasagnaTossed saladFresh fruit  |
| 7/31Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  |  | *~This menu is designed for children age 12+ months* | *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.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with lunch* |

\*Vegetarian meal

 Lunch – August, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *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 menu is designed for children age 12+ months* | 8/1Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 8/2\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 8/3Hamburger sliderBean medleyRoll Fresh fruit  | 8/4BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 8/7\*Cheese melt Tomato alphabet soup Fresh fruit  | 8/8Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 8/9Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 8/10Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 8/11\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 8/14Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 8/15\*PizzaGarden saladFresh fruit  | 8/16Chicken nuggets Potato soup Wheat bread/butter Fresh fruit  | 8/17\*Beans & RiceTossed saladTortilla Fresh fruit  | 8/18\*Spinach manicotti CarrotsWhole wheat bread/butter Fresh fruit  |
| 8/21 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 8/22Broccoli quiche Peas Whole wheat bread/butterFresh fruit  | 8/23Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 8/24Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 8/25Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 8/28Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 8/29Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 8/30Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 8/31Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with lunch* |

\*Vegetarian meal

 Lunch – September, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with lunch* | *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 menu is designed for children age 12+ months* |  | 9/1\*LasagnaTossed saladFresh fruit  |
| 9/4\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR LABOR DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 9/5Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 9/6Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 9/7\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 9/8Hamburger sliderBean medleyRoll Fresh fruit  |
| 9/11\*Cheese melt Tomato alphabet soup Fresh fruit  | 9/12Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 9/13Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 9/14Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 9/15\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 9/18Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 9/19\*PizzaGarden saladFresh fruit  | 9/20Chicken patty Tuscan bean and garlic soupWheat bread/butter Fresh fruit  | 9/21\*Beans & RiceTossed saladTortilla Fresh fruit  | 9/22\*Spinach manicotti CarrotsWhole wheat bread/butter Fresh fruit  |
| 9/25 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 9/26Quiche Peas Whole wheat bread/butterFresh fruit  | 9/27Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 9/28Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 9/29Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |

\*Vegetarian meal