 Lunch – February, 2019

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| *~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.*  *This institution is an equal opportunity provider* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |  | 2/1  +Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 2/4  Power veggie beef & chicken stew  Spinach salad  +Whole wheat bread/butter  Fresh fruit | 2/5  Turkey meatloaf  Mashed sweet potatoes  +Whole wheat bread/butter  Fresh fruit | 2/6  +Dirty brown rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 2/7  Black bean, corn, & chicken quesadilla  +With whole wheat tortilla  Green Beans  Fresh fruit | 2/8  \*Lasagna  Tossed salad  Fresh fruit |
| 2/11  +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Tossed salad  Fresh fruit | 2/12  Chicken chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 2/13  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 2/14  Hamburger slider  Bean medley  +Whole wheat roll  Fresh fruit | 2/15  BBQ chicken leg  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |
| 2/18    \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR PRESIDENT’S  DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 2/19  Turkey sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 2/20  +\*Whole grain cheese melt  Tomato alphabet soup  Fresh fruit | 2/21  Maryland-style chicken  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 2/22  +\*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 2/25  +Whole wheat Turk-a-roni  Grated cheese  Southwest salad  Fresh fruit | 2/26  +\*Whole grain pizza  Garden salad  Fresh fruit | 2/27  Chicken patty  Tuscan bean and garlic soup  + Whole wheat bread/butter  Fresh fruit | 2/28  \*Spinach manicotti  Winter blend vegetables  +Whole wheat bread/butter  Fresh fruit |  |

\*Vegetarian meal

+Whole grain

 Lunch – March, 2019

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| *~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.*  *This institution is an equal opportunity provider* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |  | 3/1  \*Beans & Brown rice  Tossed salad  +Tortilla  Fresh fruit |
| 3 /4  Chicken Alfredo with tri-color pasta  Salad  Fresh fruit | 3/5  \*Broccoli quiche  Peas  +Whole wheat bread/butter  Fresh fruit | 3/6  +Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 3/7  Chicken leg w/ buttermilk gravy  Zucchini & yellow squash  +Whole wheat bread/butter  Fresh fruit | 3/8  +Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 3/11  Power veggie beef & chicken stew  Spinach salad  +Whole wheat bread/butter  Fresh fruit | 3/12  Turkey meatloaf  Mashed sweet potatoes  +Whole wheat bread/butter  Fresh fruit | 3/13  +Dirty brown rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 3/14  Black bean, corn, & chicken quesadilla  +With whole wheat tortilla  Green Beans  Fresh fruit | 3/15  \*Lasagna  Tossed salad  Fresh fruit |
| 3/18  +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Tossed salad  Fresh fruit | 3/19  Chicken chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 3/20  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 3/21  Hamburger slider  Bean medley  +Whole wheat roll  Fresh fruit | 3/22  BBQ chicken leg  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |
| 3/25  Turkey sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 3/26  +\*Whole grain cheese melt  Tomato alphabet soup  Fresh fruit | 3/27  Shepherd’s Pie  Pineapple/mango cole slaw  +Whole wheat bread/butter  Fresh fruit | 3/28  Maryland-style chicken  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 3/29  +\*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |

\*Vegetarian meal

+Whole grain

 Lunch – April, 2019

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| 4/1  +Whole wheat Turk-a-roni  Grated cheese  Southwest salad  Fresh fruit | 4/2  +\*Whole grain pizza  Garden salad  Fresh fruit | 4/3  Chicken nuggets  Potato soup  + Whole wheat bread/butter  Fresh fruit | 4/4  \*Spinach manicotti  Winter blend vegetables  +Whole wheat bread/butter  Fresh fruit | 4/5  \*Beans & Brown rice  Tossed salad  +Tortilla  Fresh fruit |
| 4/8  Chicken Alfredo with tri-color pasta  Salad  Fresh fruit | 4/9  +Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit | 4/10  +Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 4/11  Chicken leg w/ buttermilk gravy  Zucchini & yellow squash  +Whole wheat bread/butter  Fresh fruit | 4/12  \*Quiche  Peas  +Whole wheat bread/butter  Fresh fruit |
| 4/15  Power veggie beef & chicken stew  Spinach salad  +Whole wheat bread/butter  Fresh fruit | 4/16  Turkey meatloaf  Mashed sweet potatoes  +Whole wheat bread/butter  Fresh fruit | 4/17  +Dirty brown rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 4/18  Black bean, corn, & chicken quesadilla  +With whole wheat tortilla  Green Beans  Fresh fruit | 4/19  \*Lasagna  Tossed salad  Fresh fruit |
| 4/22  +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Tossed salad  Fresh fruit | 4/23  Chicken chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 4/24  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 4/25  Hamburger slider  Bean medley  +Whole wheat roll  Fresh fruit | 4/26  BBQ chicken leg  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |
| 4/29  Turkey sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 4/30  +\*Whole grain cheese melt  Tomato alphabet soup  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.*  *This institution is an equal opportunity provider* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |

\*Vegetarian meal

+Whole grain

 Lunch – May, 2019

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| *~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.*  *This institution is an equal opportunity provider* | 5/1  Shepherd’s Pie  Pineapple/mango cole slaw  +Whole wheat bread/butter  Fresh fruit | 5/2  Maryland-style chicken  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 5/3  +\*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 5/6  +Whole wheat Turk-a-roni  Grated cheese  Southwest salad  Fresh fruit | 5/7  +\*Whole grain pizza  Garden salad  Fresh fruit | 5/8  Chicken patty  Tuscan bean and garlic soup  + Whole wheat bread/butter  Fresh fruit | 5/9  \*Spinach manicotti  Winter blend vegetables  +Whole wheat bread/butter  Fresh fruit | 5/10  \*Beans & Brown rice  Tossed salad  +Tortilla  Fresh fruit |
| 5/13  Chicken Alfredo with tri-color pasta  Salad  Fresh fruit | 5/14  \*Broccoli quiche  Peas  +Whole wheat bread/butter  Fresh fruit | 5/15  +Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 5/16  Chicken leg w/ buttermilk gravy  Zucchini & yellow squash  +Whole wheat bread/butter  Fresh fruit | 5/17  +Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 5/20  Power veggie beef & chicken stew  Spinach salad  +Whole wheat bread/butter  Fresh fruit | 5/21  Turkey meatloaf  Mashed sweet potatoes  +Whole wheat bread/butter  Fresh fruit | 5/22  +Dirty brown rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 5/23  Black bean, corn, & chicken quesadilla  +With whole wheat tortilla  Green Beans  Fresh fruit | 5/24  \*Lasagna  Tossed salad  Fresh fruit |
| 5/27  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR MEMORIAL  DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 5/28  +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Tossed salad  Fresh fruit | 5/29  Chicken chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 5/30  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 5/31  BBQ chicken leg  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |

\*Vegetarian meal

+Whole grain

 Lunch – June, 2019

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| 6/3  Turkey sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 6/4  +\*Whole grain cheese melt  Tomato alphabet soup  Fresh fruit | 6/5  Shepherd’s Pie  Pineapple/mango cole slaw  +Whole wheat bread/butter  Fresh fruit | 6/6  Maryland-style chicken  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 6/7  +\*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 6/10  +Whole wheat Turk-a-roni  Grated cheese  Southwest salad  Fresh fruit | 6/11  +\*Whole grain pizza  Garden salad  Fresh fruit | 6/12  Chicken nuggets  Potato soup  + Whole wheat bread/butter  Fresh fruit | 6/13  \*Spinach manicotti  Winter blend vegetables  +Whole wheat bread/butter  Fresh fruit | 6/14  \*Beans & Brown rice  Tossed salad  +Tortilla  Fresh fruit |
| 6/17  Chicken Alfredo with tri-color pasta  Salad  Fresh fruit | 6/18  \*Quiche  Peas  +Whole wheat bread/butter  Fresh fruit | 6/19  +Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 6/20  Chicken leg w/ buttermilk gravy  Zucchini & yellow squash  +Whole wheat bread/butter  Fresh fruit | 6/21  +Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 6/24  Power veggie beef & chicken stew  Spinach salad  +Whole wheat bread/butter  Fresh fruit | 6/25  Turkey meatloaf  Mashed sweet potatoes  +Whole wheat bread/butter  Fresh fruit | 6/26  +Dirty brown rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 6/27  Black bean, corn, & chicken quesadilla  +With whole wheat tortilla  Green Beans  Fresh fruit | 6/28  \*Lasagna  Tossed salad  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.*  *This institution is an equal opportunity provider* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |

\*Vegetarian meal

+Whole grain

 Lunch – July, 2019

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| 7/1  +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Tossed salad  Fresh fruit | 7/2  Chicken chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 7/3  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 7/4    \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR INDEPENDENCE DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 7/5  BBQ chicken leg  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |
| 7/8  Turkey sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 7/9  +\*Whole grain cheese melt  Tomato alphabet soup  Fresh fruit | 7/10  Shepherd’s Pie  Pineapple/mango cole slaw  +Whole wheat bread/butter  Fresh fruit | 7/11  Maryland-style chicken  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 7/12  +\*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 7/15  +Whole wheat Turk-a-roni  Grated cheese  Southwest salad  Fresh fruit | 7/16  +\*Whole grain pizza  Garden salad  Fresh fruit | 7/17  Chicken patty  Tuscan bean and garlic soup  + Whole wheat bread/butter  Fresh fruit | 7/18  \*Spinach manicotti  Winter blend vegetables  +Whole wheat bread/butter  Fresh fruit | 7/19  \*Beans & Brown rice  Tossed salad  +Tortilla  Fresh fruit |
| 7/22  Chicken Alfredo with tri-color pasta  Salad  Fresh fruit | 7/23  \*Broccoli quiche  Peas  +Whole wheat bread/butter  Fresh fruit | 7/24  +Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 7/25  Chicken leg w/ buttermilk gravy  Zucchini & yellow squash  +Whole wheat bread/butter  Fresh fruit | 7/26  +Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 7/29  Power veggie beef & chicken stew  Spinach salad  +Whole wheat bread/butter  Fresh fruit | 7/30  Turkey meatloaf  Mashed sweet potatoes  +Whole wheat bread/butter  Fresh fruit | 7/31  +Dirty brown rice with beef, vegetables,quinoa and farrow  Apple cole slaw  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.*  *This institution is an equal opportunity provider* |

\*Vegetarian meal

+Whole grain

 Lunch – August, 2019

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| *~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.*  *This institution is an equal opportunity provider* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* | 8/1  Black bean, corn, & chicken quesadilla  +With whole wheat tortilla  Green Beans  Fresh fruit | 8/2  \*Lasagna  Tossed salad  Fresh fruit |
| 8/5  +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Tossed salad  Fresh fruit | 8/6  Chicken chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 8/7  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 8/8  Hamburger slider  Bean medley  +Whole wheat roll  Fresh fruit | 8/9  BBQ chicken leg  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |
| 8/12  Turkey sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 8/13  +\*Whole grain cheese melt  Tomato alphabet soup  Fresh fruit | 8/14  Shepherd’s Pie  Pineapple/mango cole slaw  +Whole wheat bread/butter  Fresh fruit | 8/15  Maryland-style chicken  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 8/16  +\*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 8/19  +Whole wheat Turk-a-roni  Grated cheese  Southwest salad  Fresh fruit | 8/20  +\*Whole grain pizza  Garden salad  Fresh fruit | 8/21  Chicken nuggets  Potato soup  + Whole wheat bread/butter  Fresh fruit | 8/22  \*Spinach manicotti  Winter blend vegetables  +Whole wheat bread/butter  Fresh fruit | 8/23  \*Beans & Brown rice  Tossed salad  +Tortilla  Fresh fruit |
| 8/26  Chicken Alfredo with tri-color pasta  Salad  Fresh fruit | 8/27  \*Quiche  Peas  +Whole wheat bread/butter  Fresh fruit | 8/28  +Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 8/29  Chicken leg w/ buttermilk gravy  Zucchini & yellow squash  +Whole wheat bread/butter  Fresh fruit | 8/30  +Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |

\*Vegetarian meal

+Whole grain

 Lunch – September, 2019

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| 9/2  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR LABOR  DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 9/3  Power veggie beef & chicken stew  Spinach salad  +Whole wheat bread/butter  Fresh fruit | 9/4  Turkey meatloaf  Mashed sweet potatoes  +Whole wheat bread/butter  Fresh fruit | 9/5  +Dirty brown rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 9/6  \*Lasagna  Tossed salad  Fresh fruit |
| 9/9  +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Tossed salad  Fresh fruit | 9/10  Chicken chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 9/11  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 9/12  Hamburger slider  Bean medley  +Whole wheat roll  Fresh fruit | 9/13  BBQ chicken leg  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |
| 9/16  Turkey sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 9/17  +\*Whole grain cheese melt  Tomato alphabet soup  Fresh fruit | 9/18  Shepherd’s Pie  Pineapple/mango cole slaw  +Whole wheat bread/butter  Fresh fruit | 9/19  Maryland-style chicken  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 9/20  +\*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 9/23  +Whole wheat Turk-a-roni  Grated cheese  Southwest salad  Fresh fruit | 9/24  +\*Whole grain pizza  Garden salad  Fresh fruit | 9/25  Chicken patty  Tuscan bean and garlic soup  + Whole wheat bread/butter  Fresh fruit | 9/26  \*Spinach manicotti  Winter blend vegetables  +Whole wheat bread/butter  Fresh fruit | 9/27  \*Beans & Brown rice  Tossed salad  +Tortilla  Fresh fruit |
| 9/30  Chicken Alfredo with tri-color pasta  Salad  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.*  *This institution is an equal opportunity provider* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |

\*Vegetarian meal

+Whole grain