 Lunch – October, 2017

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| 10/2  Chicken & tarragon w/whole wheat rotini  Broccoli & cheese salad  Fresh fruit | 10/3  Turkey meatloaf  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 10/4  Dirty rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 10/5  Black bean, corn, & chicken quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 10/6  \*Lasagna  Tossed salad  Fresh fruit |
| 10/9  Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Vegetable salad  Fresh fruit | 10/10  Chicken chili  Southwest salad  Whole wheat bread/butter  Fresh fruit | 10/11  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 10/12  Hamburger slider  Bean medley  Roll  Fresh fruit | 10/13  BBQ chicken leg  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 10/16  Turkey sloppy joe  Corn & edamame  Roll  Fresh fruit | 10/17  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 10/18  Shepherd’s Pie  Pineapple/mango cole slaw  Whole wheat bread/butter  Fresh fruit | 10/19  Teriyaki chicken  Oriental vegetables  Wheat bread/butter  Fresh fruit | 10/20  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 10/23  Whole wheat Turk-a-roni  Grated cheese  Spinach salad  Fresh fruit | 10/24  \*Pizza  Garden salad  Fresh fruit | 10/25  Chicken nuggets  Potato soup  Wheat bread/butter  Fresh fruit | 10/26  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 10/27  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 10/30  Pasta w/chicken sausage & butternut sauce  Salad  Fresh fruit | 10/31  Broccoli Quiche  Peas  Whole 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 – November, 2017

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| *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* | 11/1  Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 11/2  Ranch style chicken leg  Zucchini & yellow squash  Wheat bread/butter  Fresh fruit | 11/3  Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 11/6  Chicken & tarragon w/whole wheat rotini  Broccoli & cheese salad  Fresh fruit | 11/7  Turkey meatloaf  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 11/8  Dirty rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 11/9  Black bean, corn, & chicken quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 11/10  \*Lasagna  Tossed salad  Fresh fruit |
| 11/13  Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Vegetable salad  Fresh fruit | 11/14  Chicken chili  Southwest salad  Whole wheat bread/butter  Fresh fruit | 11/15  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 11/16  Hamburger slider  Bean medley  Roll  Fresh fruit | 11/17  THANKSGIVING DINNER  Sliced turkey & gravy  Sweet potatoes  Cranberry relish  Whole wheat bread/butter  Fresh fruit |
| 11/20  Turkey sloppy joe  Corn & edamame  Roll  Fresh fruit | 11/21  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 11/22  Shepherd’s Pie  Pineapple/mango cole slaw  Whole wheat bread/butter  Fresh fruit | 11/23  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR THANKSGIVING  HOLIDAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 11/24  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR THANKSGIVING  HOLIDAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* |
| 11/27  Whole wheat Turk-a-roni  Grated cheese  Spinach salad  Fresh fruit | 11/28  \*Pizza  Garden salad  Fresh fruit | 11/29  Chicken patty  Tuscan bean and garlic soup  Wheat bread/butter  Fresh fruit | 11/30  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | *~This menu is designed for children age 12+ months* |

\*Vegetarian meal

 Lunch – December, 2017

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| *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* | *~This menu is designed for children age 12+ months* |  | 12/1  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 12/4  Pasta w/chicken sausage & butternut sauce  Salad  Fresh fruit | 12/5  Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 12/6  Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 12/7  Ranch style chicken leg  Zucchini & yellow squash  Wheat bread/butter  Fresh fruit | 12/8  Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 12/11  Chicken & tarragon w/whole wheat rotini  Broccoli & cheese salad  Fresh fruit | 12/12  Turkey meatloaf  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 12/13  Dirty rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 12/14  Black bean, corn, & chicken quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 12/15  \*Lasagna  Tossed salad  Fresh fruit |
| 12/18  Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Vegetable salad  Fresh fruit | 12/19  Chicken chili  Southwest salad  Whole wheat bread/butter  Fresh fruit | 12/20  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 12/21  Hamburger slider  Bean medley  Roll  Fresh fruit | 12/22  BBQ chicken leg  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 12/25  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR  CHRISTMAS DAY HOLIDAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 12/26  Turkey sloppy joe  Corn & edamame  Roll  Fresh fruit | 12/27  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 12/28  Teriyaki chicken  Oriental vegetables  Wheat bread/butter  Fresh fruit | 12/29  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |

\*Vegetarian meal

 Lunch – January, 2018

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| 1/1  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR NEW YEARS  DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 1/2  Whole wheat Turk-a-roni  Grated cheese  Spinach salad  Fresh fruit | 1/3  \*Pizza  Garden salad  Fresh fruit | ¼  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 1/5  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 1/8  Pasta w/chicken sausage & butternut sauce  Salad  Fresh fruit | 1/9  Broccoli Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 1/10  Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 1/11  Ranch style chicken leg  Zucchini & yellow squash  Wheat bread/butter  Fresh fruit | 1/12  Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 1/15  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR  MLK JR. DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 1/16  Chicken & tarragon w/whole wheat rotini  Broccoli & cheese salad  Fresh fruit | 1/17  Dirty rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 1/18  Black bean, corn, & chicken quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 1/19  \*Lasagna  Tossed salad  Fresh fruit |
| 1/22  Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Vegetable salad  Fresh fruit | 1/23  Chicken chili  Southwest salad  Whole wheat bread/butter  Fresh fruit | 1/24  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 1/25  Hamburger slider  Bean medley  Roll  Fresh fruit | 1/26  BBQ chicken leg  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 1/29  Turkey sloppy joe  Corn & edamame  Roll  Fresh fruit | 1/30  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 1/31  Shepherd’s Pie  Pineapple/mango cole slaw  Whole wheat bread/butter  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.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)  *Age appropriate milk must be served with lunch* |

\*Vegetarian meal

 Lunch – February, 2018

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|  |  | *~This menu is designed for children age 12+ months* | 2/1  Teriyaki chicken  Oriental vegetables  Wheat bread/butter  Fresh fruit | 2/2  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 2/5  Whole wheat Turk-a-roni  Grated cheese  Spinach salad  Fresh fruit | 2/6  \*Pizza  Garden salad  Fresh fruit | 2/7  Chicken nuggets  Potato soup  Wheat bread/butter  Fresh fruit | 2/8  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 2/9  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 2/12  Pasta w/chicken sausage & butternut sauce  Salad  Fresh fruit | 2/13  Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 2/14  Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 2/15  Ranch style chicken leg  Zucchini & yellow squash  Wheat bread/butter  Fresh fruit | 2/16  Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 2/19  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR PRESIDENT’S  DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 2/20  Chicken & tarragon w/whole wheat rotini  Broccoli & cheese salad  Fresh fruit  fruit | 2/21  Dirty rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 2/22  Black bean, corn, & chicken quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 2/23  \*Lasagna  Tossed salad  Fresh fruit |
| 2/26  Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Vegetable salad  Fresh fruit | 2/27  Chicken chili  Southwest salad  Whole wheat bread/butter  Fresh fruit | 2/28  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  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.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)  *Age appropriate milk must be served with lunch* |

\*Vegetarian meal

 Lunch – March, 2018

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| *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* | *~This menu is designed for children age 12+ months* | 3/1  Hamburger slider  Bean medley  Roll  Fresh fruit | 3/2  BBQ chicken leg  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 3/5  Turkey sloppy joe  Corn & edamame  Roll  Fresh fruit | 3/6  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 3/7  Shepherd’s Pie  Pineapple/mango cole slaw  Whole wheat bread/butter  Fresh fruit | 3/8  Teriyaki chicken  Oriental vegetables  Wheat bread/butter  Fresh fruit | 3/9  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 3/12  Whole wheat Turk-a-roni  Grated cheese  Spinach salad  Fresh fruit | 3/13  \*Pizza  Garden salad  Fresh fruit | 3/14  Chicken patty  Tuscan bean and garlic soup  Wheat bread/butter  Fresh fruit | 3/15  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 3/16  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 3/19  Pasta w/chicken sausage & butternut sauce  Salad  Fresh fruit | 3/20  Broccoli Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 3/21  Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 3/22  Ranch style chicken leg  Zucchini & yellow squash  Wheat bread/butter  Fresh fruit | 3/23  Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 3/26  Chicken & tarragon w/whole wheat rotini  Broccoli & cheese salad  Fresh fruit | 3/27  Turkey meatloaf  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 3/28  Dirty rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 3/29  Black bean, corn, & chicken quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 3/30  \*Lasagna  Tossed salad  Fresh fruit |

\*Vegetarian meal

 Lunch – April, 2018

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| 4/2  Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Vegetable salad  Fresh fruit | 4/3  Chicken chili  Southwest salad  Whole wheat bread/butter  Fresh fruit | 4/4  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 4/5  Hamburger slider  Bean medley  Roll  Fresh fruit | 4/6  BBQ chicken leg  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 4/9  Turkey sloppy joe  Corn & edamame  Roll  Fresh fruit | 4/10  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 4/11  Shepherd’s Pie  Pineapple/mango cole slaw  Whole wheat bread/butter  Fresh fruit | 4/12  Teriyaki chicken  Oriental vegetables  Wheat bread/butter  Fresh fruit | 4/13  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 4/16  Whole wheat Turk-a-roni  Grated cheese  Spinach salad  Fresh fruit | 4/17  \*Pizza  Garden salad  Fresh fruit | 4/18  Chicken nuggets  Potato soup  Wheat bread/butter  Fresh fruit | 4/19  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 4/20  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 4/23  Pasta w/chicken sausage & butternut sauce  Salad  Fresh fruit | 4/24  Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 4/25  Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 4/26  Ranch style chicken leg  Zucchini & yellow squash  Wheat bread/butter  Fresh fruit | 4/27  Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 4/30  Chicken & tarragon w/whole wheat rotini  Broccoli & cheese 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.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)  *Age appropriate milk must be served with lunch* |

\*Vegetarian meal

 Lunch – May, 2018

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| *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.* | 5/1  Turkey meatloaf  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 5/2  Dirty rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 5/3  Black bean, corn, & chicken quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 5/4  \*Lasagna  Tossed salad  Fresh fruit |
| 5/7  Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Vegetable salad  Fresh fruit | 5/8  Chicken chili  Southwest salad  Whole wheat bread/butter  Fresh fruit | 5/9  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 5/10  Hamburger slider  Bean medley  Roll  Fresh fruit | 5/11  BBQ chicken leg  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 5/14  Turkey sloppy joe  Corn & edamame  Roll  Fresh fruit | 5/15  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 5/16  Shepherd’s Pie  Pineapple/mango cole slaw  Whole wheat bread/butter  Fresh fruit | 5/17  Teriyaki chicken  Oriental vegetables  Wheat bread/butter  Fresh fruit | 5/18  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 5/21  Whole wheat Turk-a-roni  Grated cheese  Spinach salad  Fresh fruit | 5/22  \*Pizza  Garden salad  Fresh fruit | 5/23  Chicken patty  Tuscan bean and garlic soup  Wheat bread/butter  Fresh fruit | 5/24  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 5/25  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 5/28  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR MEMORIAL DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 5/29  Pasta w/chicken sausage & butternut sauce  Salad  Fresh fruit | 5/30  Broccoli Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 5/31  Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)  *Age appropriate milk must be served with lunch* |

\*Vegetarian meal

 Lunch – June, 2018

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| *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* | *~This menu is designed for children age 12+ months* |  | 6/1  Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 6/4  Chicken & tarragon w/whole wheat rotini  Broccoli & cheese salad  Fresh fruit | 6/5  Turkey meatloaf  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 6/6  Dirty rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 6/7  Black bean, corn, & chicken quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 6/8  \*Lasagna  Tossed salad  Fresh fruit |
| 6/11  Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Vegetable salad  Fresh fruit | 6/12  Chicken chili  Southwest salad  Whole wheat bread/butter  Fresh fruit | 6/13  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 6/14  Hamburger slider  Bean medley  Roll  Fresh fruit | 6/15  BBQ chicken leg  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 6/18  Turkey sloppy joe  Corn & edamame  Roll  Fresh fruit | 6/19  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 6/20  Shepherd’s Pie  Pineapple/mango cole slaw  Whole wheat bread/butter  Fresh fruit | 6/21  Teriyaki chicken  Oriental vegetables  Wheat bread/butter  Fresh fruit | 6/22  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 6/25  Whole wheat Turk-a-roni  Grated cheese  Spinach salad  Fresh fruit | 6/26  \*Pizza  Garden salad  Fresh fruit | 6/27  Chicken nuggets  Potato soup  Wheat bread/butter  Fresh fruit | 6/28  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 6/29  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |

\*Vegetarian meal

 Lunch – July, 2018

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| 7/2  Pasta w/chicken sausage & butternut sauce  Salad  Fresh fruit | 7/3  Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 7/4  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR INDEPENDENCE DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 7/5  Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 7/6  Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 7/9  Chicken & tarragon w/whole wheat rotini  Broccoli & cheese salad  Fresh fruit | 7/10  Turkey meatloaf  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 7/11  Dirty rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 7/12  Black bean, corn, & chicken quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 7/13  \*Lasagna  Tossed salad  Fresh fruit |
| 7/16  Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Vegetable salad  Fresh fruit | 7/17  Chicken chili  Southwest salad  Whole wheat bread/butter  Fresh fruit | 7/18  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 7/19  Hamburger slider  Bean medley  Roll  Fresh fruit | 7/20  BBQ chicken leg  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 7/23  Turkey sloppy joe  Corn & edamame  Roll  Fresh fruit | 7/24  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 7/25  Shepherd’s Pie  Pineapple/mango cole slaw  Whole wheat bread/butter  Fresh fruit | 7/26  Teriyaki chicken  Oriental vegetables  Wheat bread/butter  Fresh fruit | 7/27  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 7/30  Whole wheat Turk-a-roni  Grated cheese  Spinach salad  Fresh fruit | 7/31  \*Pizza  Garden 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.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)  *Age appropriate milk must be served with lunch* |

\*Vegetarian meal

 Lunch – August, 2018

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| *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* | 8/1  Chicken patty  Tuscan bean and garlic soup  Wheat bread/butter  Fresh fruit | 8/2  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 8/3  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 8/6  Pasta w/chicken sausage & butternut sauce  Salad  Fresh fruit | 8/7  Broccoli Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 8/8  Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 8/9  Ranch style chicken leg  Zucchini & yellow squash  Wheat bread/butter  Fresh fruit | 8/10  Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 8/13  Chicken & tarragon w/whole wheat rotini  Broccoli & cheese salad  Fresh fruit | 8/14  Turkey meatloaf  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 8/15  Dirty rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 8/16  Black bean, corn, & chicken quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 8/17  \*Lasagna  Tossed salad  Fresh fruit |
| 8/20  Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Vegetable salad  Fresh fruit | 8/21  Chicken chili  Southwest salad  Whole wheat bread/butter  Fresh fruit | 8/22  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 8/23  Hamburger slider  Bean medley  Roll  Fresh fruit | 8/24  BBQ chicken leg  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 8/27  Turkey sloppy joe  Corn & edamame  Roll  Fresh fruit | 8/28  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 8/29  Shepherd’s Pie  Pineapple/mango cole slaw  Whole wheat bread/butter  Fresh fruit | 8/30  Teriyaki chicken  Oriental vegetables  Wheat bread/butter  Fresh fruit | 8/31  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |

\*Vegetarian meal

 Lunch – September, 2018

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| 9/3  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR  LABOR DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 9/4  Whole wheat Turk-a-roni  Grated cheese  Spinach salad  Fresh fruit | 9/5  \*Pizza  Garden salad  Fresh fruit | 9/6  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 9/7  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 9/10  Pasta w/chicken sausage & butternut sauce  Salad  Fresh fruit | 9/11  Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 9/12  Spaghetti & meat sauce  Grated cheese  Spinach salad  Fresh fruit | 9/13  Ranch style chicken leg  Zucchini & yellow squash  Wheat bread/butter  Fresh fruit | 9/14  Turkey taco w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 9/17  Chicken & tarragon w/whole wheat rotini  Broccoli & cheese salad  Fresh fruit | 9/18  Turkey meatloaf  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 9/19  Dirty rice with beef, vegetables,quinoa and farrow  Apple cole slaw  Fresh fruit | 9/20  Black bean, corn, & chicken quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 9/21  \*Lasagna  Tossed salad  Fresh fruit |
| 9/24  Whole wheat ziti with chicken sausage & tomato sauce, and baby kale  Grated cheese  Vegetable salad  Fresh fruit | 9/25  Chicken chili  Southwest salad  Whole wheat bread/butter  Fresh fruit | 9/26  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 9/27  Hamburger slider  Bean medley  Roll  Fresh fruit | 9/28  BBQ chicken leg  California blend vegetables  Whole 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