 Lunch – October, 2017

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| --- | --- | --- | --- | --- |
| 10/2Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 10/3Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 10/4Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 10/5Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 10/6\*LasagnaTossed saladFresh fruit  |
| 10/9Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit | 10/10Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 10/11 \*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 10/12Hamburger sliderBean medleyRoll Fresh fruit  | 10/13BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 10/16Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 10/17\*Cheese melt Tomato alphabet soup Fresh fruit  | 10/18Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 10/19Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 10/20\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 10/23Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 10/24\*PizzaGarden saladFresh fruit  | 10/25Chicken nuggets Potato soup Wheat bread/butter Fresh fruit  | 10/26\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 10/27\*Beans & RiceTossed saladTortilla Fresh fruit |
| 10/30 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 10/31Broccoli Quiche Peas Whole wheat bread/butterFresh 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* | 11/1Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 11/2Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 11/3Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 11/6Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 11/7Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 11/8Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 11/9Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 11/10\*LasagnaTossed saladFresh fruit  |
| 11/13Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 11/14Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 11/15\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 11/16Hamburger sliderBean medleyRoll Fresh fruit  | 11/17THANKSGIVING DINNERSliced turkey & gravySweet potatoesCranberry relishWhole wheat bread/butterFresh fruit |
| 11/20Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 11/21\*Cheese melt Tomato alphabet soup Fresh fruit  | 11/22Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 11/23\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR THANKSGIVING HOLIDAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 11/24\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR THANKSGIVING HOLIDAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* |
| 11/27Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 11/28\*PizzaGarden saladFresh fruit  | 11/29Chicken patty Tuscan bean and garlic soupWheat bread/butter Fresh fruit | 11/30\*Spinach manicotti CarrotsWhole wheat bread/butterFresh 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 & RiceTossed saladTortilla Fresh fruit |
| 12/4 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 12/5Quiche Peas Whole wheat bread/butterFresh fruit  | 12/6Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 12/7Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 12/8Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 12/11Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 12/12Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 12/13Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 12/14Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 12/15\*LasagnaTossed saladFresh fruit  |
| 12/18Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 12/19Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 12/20\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 12/21Hamburger sliderBean medleyRoll Fresh fruit  | 12/22BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 12/25\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR CHRISTMAS DAY HOLIDAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 12/26Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 12/27\*Cheese melt Tomato alphabet soup Fresh fruit  | 12/28Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 12/29\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |

\*Vegetarian meal

 Lunch – January, 2018

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| 1/1 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR NEW YEARS DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 1/2Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 1/3\*PizzaGarden saladFresh fruit  | ¼\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 1/5\*Beans & RiceTossed saladTortilla Fresh fruit |
| 1/8 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 1/9Broccoli Quiche Peas Whole wheat bread/butterFresh fruit  | 1/10Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 1/11Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 1/12Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 1/15\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR MLK JR. DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 1/16Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit  | 1/17Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 1/18Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 1/19\*LasagnaTossed saladFresh fruit  |
| 1/22Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 1/23Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 1/24\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 1/25Hamburger sliderBean medleyRoll Fresh fruit  | 1/26BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 1/29Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 1/30\*Cheese melt Tomato alphabet soup Fresh fruit  | 1/31Shepherd’s PiePineapple/mango cole slawWhole 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 – February, 2018

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|  |  | *~This menu is designed for children age 12+ months* | 2/1Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 2/2\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 2/5Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 2/6\*PizzaGarden saladFresh fruit  | 2/7Chicken nuggets Potato soup Wheat bread/butter Fresh fruit  | 2/8\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 2/9\*Beans & RiceTossed saladTortilla Fresh fruit |
| 2/12 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 2/13Quiche Peas Whole wheat bread/butterFresh fruit  | 2/14Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 2/15Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 2/16Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 2/19\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR PRESIDENT’S DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 2/20Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit fruit  | 2/21Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 2/22Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 2/23\*LasagnaTossed saladFresh fruit  |
| 2/26Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 2/27Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 2/28\*Ravioli w/olive oil, tomato sauce & fresh basilPeas 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* | 3/1Hamburger sliderBean medleyRoll Fresh fruit  | 3/2BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 3/5Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 3/6\*Cheese melt Tomato alphabet soup Fresh fruit  | 3/7Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 3/8Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 3/9\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 3/12Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 3/13\*PizzaGarden saladFresh fruit  | 3/14Chicken patty Tuscan bean and garlic soupWheat bread/butter Fresh fruit | 3/15\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 3/16\*Beans & RiceTossed saladTortilla Fresh fruit |
| 3/19 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 3/20Broccoli Quiche Peas Whole wheat bread/butterFresh fruit  | 3/21Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 3/22Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 3/23Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 3/26Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 3/27Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 3/28Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 3/29Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 3/30\*LasagnaTossed saladFresh fruit  |

\*Vegetarian meal

 Lunch – April, 2018

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| 4/2Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 4/3Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 4/4\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 4/5Hamburger sliderBean medleyRoll Fresh fruit  | 4/6BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 4/9Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 4/10\*Cheese melt Tomato alphabet soup Fresh fruit  | 4/11Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 4/12Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 4/13\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 4/16Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 4/17\*PizzaGarden saladFresh fruit  | 4/18Chicken nuggets Potato soup Wheat bread/butter Fresh fruit  | 4/19\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 4/20\*Beans & RiceTossed saladTortilla Fresh fruit |
| 4/23 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 4/24Quiche Peas Whole wheat bread/butterFresh fruit  | 4/25Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 4/26Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 4/27Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 4/30Chicken & tarragon w/whole wheat rotiniBroccoli & cheese 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 – 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.* | 5/1Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 5/2Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 5/3Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 5/4\*LasagnaTossed saladFresh fruit  |
| 5/7Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 5/8Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 5/9\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 5/10Hamburger sliderBean medleyRoll Fresh fruit  | 5/11BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 5/14Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 5/15\*Cheese melt Tomato alphabet soup Fresh fruit  | 5/16Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 5/17Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 5/18\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 5/21Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 5/22\*PizzaGarden saladFresh fruit  | 5/23Chicken patty Tuscan bean and garlic soupWheat bread/butter Fresh fruit | 5/24\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 5/25\*Beans & RiceTossed saladTortilla Fresh fruit |
| 5/28 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR MEMORIALDAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 5/29 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 5/30Broccoli Quiche Peas Whole wheat bread/butterFresh fruit  | 5/31Spaghetti & meat sauce Grated cheese Spinach saladFresh 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* |  | 6/1Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 6/4Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 6/5Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 6/6Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 6/7Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 6/8\*LasagnaTossed saladFresh fruit  |
| 6/11Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 6/12Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 6/13\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 6/14Hamburger sliderBean medleyRoll Fresh fruit  | 6/15BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 6/18Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 6/19\*Cheese melt Tomato alphabet soup Fresh fruit  | 6/20Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 6/21Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 6/22\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 6/25Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 6/26\*PizzaGarden saladFresh fruit  | 6/27Chicken nuggets Potato soup Wheat bread/butter Fresh fruit  | 6/28\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 6/29\*Beans & RiceTossed saladTortilla Fresh fruit |

\*Vegetarian meal

 Lunch – July, 2018

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| 7/2 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 7/3Quiche Peas Whole wheat bread/butterFresh fruit  | 7/4\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR INDEPENDENCE DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 7/5Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 7/6Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 7/9Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 7/10Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 7/11Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 7/12Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 7/13\*LasagnaTossed saladFresh fruit  |
| 7/16Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 7/17Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 7/18\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 7/19Hamburger sliderBean medleyRoll Fresh fruit  | 7/20BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 7/23Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 7/24\*Cheese melt Tomato alphabet soup Fresh fruit  | 7/25Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 7/26Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 7/27\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 7/30Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 7/31\*PizzaGarden 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, 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* | 8/1Chicken patty Tuscan bean and garlic soupWheat bread/butter Fresh fruit | 8/2\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 8/3\*Beans & RiceTossed saladTortilla Fresh fruit |
| 8/6 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 8/7Broccoli Quiche Peas Whole wheat bread/butterFresh fruit  | 8/8Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 8/9Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 8/10Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 8/13Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 8/14Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 8/15Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 8/16Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 8/17\*LasagnaTossed saladFresh fruit  |
| 8/20Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 8/21Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 8/22\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 8/23Hamburger sliderBean medleyRoll Fresh fruit  | 8/24BBQ chicken legCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 8/27Turkey sloppy joe Corn & edamameRoll Fresh fruit  | 8/28\*Cheese melt Tomato alphabet soup Fresh fruit  | 8/29Shepherd’s PiePineapple/mango cole slawWhole wheat bread/butterFresh fruit | 8/30Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit  | 8/31\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |

\*Vegetarian meal

 Lunch – September, 2018

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| 9/3\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR LABOR DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 9/4Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit | 9/5\*PizzaGarden saladFresh fruit  | 9/6\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 9/7\*Beans & RiceTossed saladTortilla Fresh fruit |
| 9/10 Pasta w/chicken sausage & butternut sauceSaladFresh fruit  | 9/11Quiche Peas Whole wheat bread/butterFresh fruit  | 9/12Spaghetti & meat sauce Grated cheese Spinach saladFresh fruit  | 9/13Ranch style chicken legZucchini & yellow squashWheat bread/butter Fresh fruit  | 9/14Turkey taco w/whole wheat tortillaCorn Grated cheese Fresh fruit |
| 9/17Chicken & tarragon w/whole wheat rotiniBroccoli & cheese saladFresh fruit   | 9/18Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 9/19Dirty rice with beef, vegetables,quinoa and farrowApple cole slawFresh fruit  | 9/20Black bean, corn, & chicken quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 9/21\*LasagnaTossed saladFresh fruit  |
| 9/24Whole wheat ziti with chicken sausage & tomato sauce, and baby kaleGrated cheese Vegetable saladFresh fruit  | 9/25Chicken chili Southwest salad Whole wheat bread/butter Fresh fruit  | 9/26\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 9/27Hamburger sliderBean medleyRoll Fresh fruit  | 9/28BBQ chicken legCalifornia 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