




Lunch



August, 2019



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

*Vegetarian meal

+Whole grain