

Lindley Food Service MASSACHUSETTS  
LUNCH AGES 1 - 5  
**JANUARY 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p style="text-align: center;"><b>CLOSED</b> <b>HAPPY NEW YEAR</b></p> 	<p><b>2</b></p> <p>AM Snack: Toast, fruit and milk <b>Veg Option:</b> Fake Chick'n Patty Milk WGR Chicken Tenders Fiesta Mixed Vegetables WG Dinner Roll Apples PM Snack: Rice cakes and sun butter, applesauce and milk</p>	<p><b>3</b></p> <p>AM Snack: yogurt, granola and milk Pizza Fresh Apple Milk  PM Snack: Muffins, fruit and milk</p>	<p><b>4</b></p> <p>AM Snack: Cheerios, milk and fruit <b>Veg Option:</b> Seasoned Rice &amp; Bean Milk Sliced Turkey &amp; Gravy Mashed Potatoes Broccoli &amp; Carrots Dinner Roll Orange PM Snack: Pita bread, hummus, carrots and milk</p>	<p><b>5</b></p> <p>AM snack: Bagels, cream cheese and milk <b>Veg Option:</b> Black bean burger Milk Salisbury Steak with Gravy Peas &amp; Onions Whole Wheat Bread Melon PM Snack: Crackers and sun butter, fruit and milk</p>
<p><b>8</b></p> <p>AM Snack: Cereal and milk, fruit <b>Veg Option:</b> Fake Chick'n Patty Milk Grilled Chicken Tenders with BBQ Sauce Brown Rice Peas Peaches in Light Syrup PM Snack: Crackers, dried fruit and milk</p>	<p><b>9</b></p> <p>AM Snack: Toast, fruit and milk Milk WG Cheese Tortellini in Tomato Sauce Tuscan Blend Vegetables Dinner Roll Banana PM Snack: Rice cakes, sun butter, applesauce and milk</p>	<p><b>10</b></p> <p>AM Snack: Yogurt, granola and milk Pizza Fresh Apple Milk  PM Snack: Muffins, fruit and milk</p>	<p><b>11</b></p> <p>AM Snack: Cereal and milk, fruit Milk Mac &amp; Cheese (6 oz.) Broccoli Whole Wheat Bread Orange PM Snack: pita bread, veggies, hummus and milk</p>	<p><b>12</b></p> <p>AM Snack: Bagels, cream cheese and milk <b>Veg Option:</b> Fake Chick'n Patty Milk Arroz con Pollo (Brown Rice with Chicken) Seasoned Corn WGR Bread Applesauce PM Snack: wheat crackers, sun butter, fruit and milk</p>
<p><b>15</b></p> <p style="text-align: center;"><b>CLOSED IN</b> <b>OBSERVANCE</b> <b>OF</b> <b>MARTIN LUTHER KING</b> <b>DAY</b></p>	<p><b>16</b></p> <p>AM Snack: Toast, fruit and milk <b>Veg Option:</b> Black bean burger Milk Beef Rib-B-Que on a WGR Soft Sandwich Roll Green Beans Orange PM Snack: Rice cakes and sun butter, fruit, and milk</p>	<p><b>17</b></p> <p>AM Snack: Yogurt, dried fruit and milk Pizza Fresh Apple Milk  PM Snack: Muffins, fruit and milk</p>	<p><b>18</b></p> <p>AM Snack: cereal, fruit and milk <b>Veg Option:</b> Fake Chick'n Patty Milk Chicken Teriyaki dippers Kale Brown Rice Pilaf Apple PM Snack: Pita bread, hummus, carrots and milk</p>	<p><b>19</b></p> <p>AM Snack: bagels, cream cheese and milk <b>Veg Option:</b> Veggie Chop Suey (Kidney Beans &amp; Peppers) Milk American Chop Suey (Beef) Sliced Carrots WGR Dinner Roll Mandarin Oranges PM Snack: graham crackers and sun butter, fruit and milk</p>

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<p><b>22</b> AM Snack: Cereal, fruit, milk <b>Veg Option:</b> Fake Chick'n Patty Milk Chicken Cacciatore WG Ziti Pasta Green Beans Oranges PM Snack: cheese and crackers, fruit and milk</p>	<p><b>23</b> AM Snack: Toast, fruit and milk <b>Veg Option:</b> Veggie Burger Milk Swedish Meatballs over Egg Noodles Tuscan Blend Vegetables Applesauce PM Snack: rice cakes, sun butter, applesauce and milk</p>	<p><b>24</b> AM Snack: Yogurt, granola, dried fruit and milk Pizza Fresh Apple Milk PM Snack: Muffins, fruit and milk</p>	<p><b>25</b> AM Snack: Cereal and milk, fruit <b>Veg Option:</b> Seasoned Rice &amp; Bean Milk Chicken Fajita Strips Shredded Lettuce (O) on a WGR Soft Flour Tortilla Brown Rice &amp; Beans Mandarin Oranges PM Snack: Pita Bread, hummus, carrots and milk</p>	<p><b>26</b> AM Snack: Bagels and cream cheese and milk <b>Veg Option:</b> Black bean burger Milk Turkey burger with cheese on a WGR Hamburger roll Baked Beans Cole Slaw Tropical Fruit Mix PM Snack: Cheese and crackers, fruit and milk</p>
<p><b>JANUARY 29<sup>TH</sup></b> AM Snack: cereal and milk, fruit Milk WGR Lasagna Roll Up With Marinara Sauce Broccoli Peaches PM Snack: Crackers, dried fruit and milk</p>	<p><b>JANUARY 30<sup>TH</sup></b> AM Snack: Toast, fruit and milk <b>Veg Option:</b> Fake Chick'n Patty Milk Lemon Dijon Chicken Parsley Potatoes Iceberg Salad (O) with Chickpeas (L) and Dressing Banana PM Snack: Rice cakes, sun butter, fruit and milk</p>	<p><b>JANUARY 31<sup>ST</sup></b> AM Snack: Yogurt, granola, dried fruit and milk Pizza Fresh Apple Milk PM Snack: muffins, fruit and milk</p>	<p><b>FEBRUARY 1<sup>ST</sup></b> AM Snack: cereal, milk and fruit <b>Veg Option:</b> Veggie Burger Milk Meatloaf with Gravy Mashed Sweet Potatoes (S) Spinach WGR Bread Orange PM Snack: Pita bread, carrots, hummus and milk</p>	<p><b>FEBRUARY 2<sup>ND</sup></b> AM Snack: Bagels, cream cheese, fruit and milk <b>Veg Option:</b> Fake Chick'n Patty Milk WGR Chicken Patty Sandwich with mayo and Lettuce (O) On a WGR Sandwich Roll Broccoli &amp; Carrots Melon PM Snack: Crackers and sun butter, fruit and milk</p>

**VEGETABLE SUBGROUPS: Dark Green (G); Red/Orange (R); Beans and Peas, Legumes (L); Starchy (S); Other (O)**

**LUNCH:** Ages 3-5 Milk ¾ c; Fruits/Veg (2) ½ c; Grains/Bread ¼ c/ ½ serving; Meat/MA 1 ½ oz

Lindley Food Service MASSACHUSETTS

LUNCH AGES 1 – 5

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## FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>5</b> AM Snack: cereal and milk, fruit <b>Veg Option:</b> Fake Chick'n Patty</p> <p>Milk Chicken Primavera with Veg and WG Pasta Butternut Squash WGR Bread Orange PM Snack: crackers, dried fruit, milk</p>	<p><b>6</b> AM Snack: Toast, fruit and milk Milk WGR Cheese Lasagna Roll-up in Tomato Sauce (R) Sliced Carrots Peaches in Light Syrup PM Snack: rice cakes, sun butter, applesauce and milk</p>	<p><b>7</b> AM Snack: Yogurt, granola and milk Pizza Fresh Apple Milk</p> <p>PM Snack: muffins, fruit and milk</p>	<p><b>8</b> AM Snack: Cereal, milk and fruit Milk Stuffed Shells with Tomato Sauce Spinach WGR Wheat Bread Banana PM Snack: pita bread, hummus, veggies and milk</p>	<p><b>9</b> AM Snack: bagels and cream cheese, fruit and milk <b>Veg Option:</b> Black bean burger</p> <p>Milk Turkey Burger with Cheese on a WGR Soft Sandwich Roll Baked Beans Cole Slaw Melon PM Snack: graham crackers, sun butter, fruit and milk</p>
<p><b>12</b> AM Snack: cereal and milk, fruit <b>Veg Option:</b> Veggie Burger</p> <p>Milk Meatloaf with gravy Mashed Potatoes Garden Salad With Dressing Apple PM Snack: Graham crackers, dried fruit, milk</p>	<p><b>13</b> AM Snack: toast, fruit and milk <b>Veg Option:</b> Fake Chick'n Patty</p> <p>Milk WGR Teriyaki Chicken Dippers Rice &amp; Beans Collard Greens Pineapple Tidbits</p> <p>PM Snack: rice cakes, sun butter, fruit and milk</p>	<p><b>14</b> AM Snack: yogurt, granola, dried fruit and milk Pizza Fresh Apple Milk</p> <p>PM Snack: muffins, fruit and milk</p>	<p><b>15</b> AM Snack: cereal, fruit and milk <b>Veg Option:</b> Seasoned Rice &amp; Bean</p> <p>Milk BBQ Chicken Strips Brown Rice Garden salad with Dressing Green Beans (O) Orange PM Snack: Hummus, fresh veggies, pita bread and milk</p>	<p><b>16</b> AM Snack: bagels, cream cheese, fruit and milk <b>Veg Option:</b> Veggie Burger</p> <p>Milk Fish Sticks Ketchup Corn WG Wheat Bread Banana PM Snack: Crackers, sun butter, fruit and milk</p>
<p><b>19</b></p> <p style="text-align: center;"><b>HOLIDAY</b></p> <p style="text-align: center;"><b>Closed in Observance of President's Day</b></p>	<p><b>20</b> AM Snack: cereal, milk and fruit <b>Veg Option:</b> Fake Chick'n Patty</p> <p>Milk Chicken &amp; Broccoli Stir Fry Oriental Vegetables Dinner Roll Orange PM Snack: rice cakes, sun butter, fruit and milk</p>	<p><b>21</b> AM Snack: toast, fruit and milk Pizza Fresh Apple Milk PM snack: muffins, fruit and milk</p>	<p><b>22</b> AM Snack: cereal, milk and fruit Milk American Chop Suey (Beef &amp; Pasta) Country Blend Vegetables (Carrot, Green Bean, &amp; Corn) Melon PM Snack: pita bread, veggies, hummus and milk</p>	<p><b>23</b> AM Snack: bagels, cream cheese, fruit, milk <b>Veg Option:</b> Seasoned Rice &amp; Bean</p> <p>Milk Arroz con Pollo (Brown Rice with Chicken) Broccoli</p>

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				Apple PM Snack: wheat crackers, sun butter, fruit and milk
<b>26</b> AM Snack: cereal, milk and fruit <b>Veg Option:</b> Black bean burger  Milk Beef Rib-B-Que on a WGR Soft Sandwich Roll Green Peas Orange PM snack: crackers, dried fruit and milk	<b>27</b> AM Snack: toast, fruit and milk <b>Veg Option:</b> Fake Chick'n Patty  Milk WGR Breaded Chicken Parmesan WGR Pasta with Tomato Sauce (R) Italian Blend Vegetables WG Wheat Bread Apples PM Snack: rice cakes, sun butter, fruit and milk	<b>28</b> AM Snack: yogurt, granola and milk Pizza Fresh Apple Milk  PM Snack: muffins, fruit and milk		

**VEGETABLE SUBGROUPS: Dark Green (G); Red/Orange (R); Beans and Peas, Legumes (L); Starchy (S); Other (O)**

**LUNCH:** Ages 3-5 Milk  $\frac{3}{4}$  c; Fruits/Veg (2)  $\frac{1}{2}$  c; Grains/Bread  $\frac{1}{4}$  c/  $\frac{1}{2}$  serving; Meat/MA 1  $\frac{1}{2}$  oz