



# January 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</i></p>	<p><i>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</i></p>	<p><b>1</b>  Closed For New Year's Day</p>	<p><b>2</b> Maryland-style chicken (V) Broccoli &amp; cheddar quinoa w/brown rice * Sugar snaps &amp; carrots *Whole wheat bread/butter Fresh fruit</p>	<p><b>3</b> (V) Whole wheat macaroni &amp; cheese* Mixed vegetables Fresh fruit</p>
<p><b>6</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p>	<p><b>7</b> (V) Whole grain pizza* Garden salad Fresh fruit</p>	<p><b>8</b> Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit</p>	<p><b>9</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p>	<p><b>10</b> (V) Beans &amp; Brown rice^ Tossed salad Tortilla* Fresh fruit</p>
<p><b>13</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p>	<p><b>14</b> (V) Quiche Peas Whole wheat bread/butter* Fresh fruit</p>	<p><b>15</b> Spaghetti &amp; meat sauce* (V) Spaghetti &amp; tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit</p>	<p><b>16</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini &amp; yellow squash Whole wheat bread/butter * Fresh fruit</p>	<p><b>17</b> Turkey taco w/whole wheat Tortilla* (V) Beans &amp; brown rice burrito* Corn Grated cheese Fresh fruit</p>
<p><b>20</b>  Closed for MLK Jr Day</p>	<p><b>21</b> Power veggie beef &amp; chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit</p>	<p><b>22</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p>	<p><b>23</b> Bean, corn &amp; chicken quesadilla (V) Bean, corn &amp; cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p>	<p><b>24</b> (V) Lasagna Tossed salad Fresh fruit</p>
<p><b>27</b> Whole wheat ziti with chicken * (V) Lentil penne &amp; tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p>	<p><b>28</b> Chicken chili (V) Veg out chili^ Broccoli &amp; cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p><b>29</b> (V) Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p><b>30</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p>	<p><b>31</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p>

(V) Vegetarian meal

+Whole wheat

#Gluten free

^Vegan



# February 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>4</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>5</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>6</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>7</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<b>10</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>11</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>12</b> Chicken patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	<b>13</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	<b>14</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
<b>17</b> <p style="text-align: center;">Closed For President's Day</p>	<b>18</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>19</b> (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	<b>20</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>21</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
<b>24</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>25</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>26</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>27</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>28</b> (V) Lasagna Tossed salad Fresh fruit
				<i>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</i>

(V) Vegetarian meal  
#Gluten free

+Whole wheat  
^Vegan



# March 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>3</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>4</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>5</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	<b>6</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>9</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>10</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>11</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>12</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>13</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<b>16</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>17</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>18</b> Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	<b>19</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	<b>20</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
<b>23</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>24</b> (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	<b>25</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit	<b>26</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>27</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
<b>30</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>31</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit		<i>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</i>	<i>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</i>

(V) Vegetarian meal      +Whole wheat  
 #Gluten free              ^Vegan



# April 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</i></p>		<p><b>1</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p>	<p><b>2</b> Bean, corn, &amp; chicken quesadilla (V) Bean, corn &amp; cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p>	<p><b>3</b> (V) Lasagna Tossed salad Fresh fruit</p>
<p><b>6</b> Whole wheat ziti with chicken * (V) Lentil penne &amp; tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p>	<p><b>7</b> Chicken chili (V) Veg out chili^ Broccoli &amp; cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p><b>8</b> (V) Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p><b>9</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p>	<p><b>10</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p>
<p><b>13</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn &amp; edamame *Whole wheat roll Fresh fruit</p>	<p><b>14</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit</p>	<p><b>15</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit</p>	<p><b>16</b> Maryland-style chicken (V) Broccoli &amp; cheddar quinoa w/brown rice * Sugar snaps &amp; carrots *Whole wheat bread/butter Fresh fruit</p>	<p><b>17</b> (V) Whole wheat macaroni &amp; cheese* Mixed vegetables Fresh fruit</p>
<p><b>20</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p>	<p><b>21</b> (V) Whole grain pizza* Garden salad Fresh fruit</p>	<p><b>22</b> Chicken patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit</p>	<p><b>23</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p>	<p><b>24</b> (V) Beans &amp; Brown rice^ Tossed salad Tortilla* Fresh fruit</p>
<p><b>27</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p>	<p><b>28</b> (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit</p>	<p><b>29</b> Spaghetti &amp; meat sauce* (V) Spaghetti &amp; tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit</p>	<p><b>30</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini &amp; yellow squash Whole wheat bread/butter * Fresh fruit</p>	<p><i>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</i></p>

(V) Vegetarian meal      +Whole wheat

#Gluten free

^Vegan



# May 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>~This menu is designed for children age 12+ months</i>  <i>Age appropriate milk must be served with lunch</i></p>	<p><i>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.</i>  <i>This institution is an equal opportunity provider</i></p>			<p><b>1</b>            Turkey taco w/whole wheat Tortilla*            (V) Beans &amp; brown rice burrito*            Corn            Grated cheese            Fresh fruit</p>
<p><b>4</b>            Power veggie beef &amp; chicken stew            (V) Black bean tortilla soup^            Spinach salad            Whole wheat bread/butter*            Fresh fruit</p>	<p><b>5</b>            Turkey meatloaf            (V) French lentils w/ thyme^            Mashed sweet potatoes            Whole wheat bread/butter*            Fresh fruit</p>	<p><b>6</b>            Dirty brown rice with beef*            (V) Dirty brown rice^            Apple coleslaw            Fresh fruit</p>	<p><b>7</b>            Bean, corn, &amp; chicken quesadilla            (V) Bean, corn &amp; cheese quesadilla            With whole wheat tortilla *            Green Beans            Fresh fruit</p>	<p><b>8</b>            (V) Lasagna            Tossed salad            Fresh fruit</p>
<p><b>11</b>            Whole wheat ziti with chicken *            (V) Lentil penne &amp; tomato sauce w/ soy *#^            Grated cheese            Tossed salad            Fresh fruit</p>	<p><b>12</b>            Chicken chili            (V) Veg out chili^            Broccoli &amp; cheese salad            Whole wheat bread/butter*            Fresh fruit</p>	<p><b>13</b>            (V) Ravioli w/olive oil, tomato sauce &amp; fresh basil            Peas            Fresh fruit</p>	<p><b>14</b>            Hamburger slider            (V) Black bean burger #^            Bean medley            *Whole wheat roll            Fresh fruit</p>	<p><b>15</b>            BBQ chicken leg            (V) Mushroom stroganoff ^            California blend vegetables            *Whole wheat bread/butter            Fresh fruit</p>
<p><b>18</b>            Turkey sloppy joe            (V) Vegetarian sloppy joe ^            Corn &amp; edamame            *Whole wheat roll            Fresh fruit</p>	<p><b>19</b>            (V) Whole grain cheese melt *            Tomato alphabet soup            Fresh fruit</p>	<p><b>20</b>            Shepherd's Pie            (V) Chickpea curry with potatoes^            Pineapple/mango coleslaw            *Whole wheat bread/butter            Fresh fruit</p>	<p><b>21</b>            Maryland-style chicken            (V) Broccoli &amp; cheddar quinoa w/brown rice *            Sugar snaps &amp; carrots            *Whole wheat bread/butter            Fresh fruit</p>	<p><b>22</b>            (V) Whole wheat macaroni &amp; cheese*            Mixed vegetables            Fresh fruit</p>
<p><b>25</b>            Closed For Memorial Day</p>	<p><b>26</b>            Whole wheat Turk-a-roni*            (V) White bean mushroom soup^            Grated cheese            Southwest salad            Fresh fruit</p>	<p><b>27</b>            (V) Whole grain pizza*            Garden salad            Fresh fruit</p>	<p><b>28</b>            (V) Spinach manicotti            Winter blend vegetables            Whole wheat bread/butter*            Fresh fruit</p>	<p><b>29</b>            (V) Beans &amp; Brown rice^            Tossed salad            Tortilla*            Fresh fruit</p>

(V) Vegetarian meal  
#Gluten free

+Whole wheat  
^Vegan



## June 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>2</b> (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	<b>3</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit	<b>4</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>5</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
<b>8</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>9</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>10</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>11</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>12</b> (V) Lasagna Tossed salad Fresh fruit
<b>15</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>16</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>17</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>18</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	<b>19</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>22</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	<b>23</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>24</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>25</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>26</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<b>29</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>30</b> (V) Whole grain pizza* Garden salad Fresh fruit		<i>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.</i>	<i>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</i>

This institution is an equal opportunity provider

(V) Vegetarian meal +Whole wheat  
#Gluten free ^Vegan



# July 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</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><b>1</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p>	<p><b>2</b> (V) Beans &amp; Brown rice^ Tossed salad Tortilla* Fresh fruit</p>	<p><b>3</b>  <b>Closed For Independence Day</b></p>
<p><b>6</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p>	<p><b>7</b> (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit</p>	<p><b>8</b> Spaghetti &amp; meat sauce* (V) Spaghetti &amp; tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit</p>	<p><b>9</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini &amp; yellow squash Whole wheat bread/butter * Fresh fruit</p>	<p><b>10</b> Turkey taco w/whole wheat Tortilla* (V) Beans &amp; brown rice burrito* Corn Grated cheese Fresh fruit</p>
<p><b>13</b> Power veggie beef &amp; chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit</p>	<p><b>14</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit</p>	<p><b>15</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p>	<p><b>16</b> Bean, corn, &amp; chicken quesadilla (V) Bean, corn &amp; cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p>	<p><b>17</b> (V) Lasagna Tossed salad Fresh fruit</p>
<p><b>20</b> Whole wheat ziti with chicken * (V) Lentil penne &amp; tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p>	<p><b>21</b> Chicken chili (V) Veg out chili^ Broccoli &amp; cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p><b>22</b> (V) Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p><b>23</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p>	<p><b>24</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p>
<p><b>27</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn &amp; edamame</p>	<p><b>28</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit</p>	<p><b>29</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw</p>	<p><b>30</b> Maryland-style chicken (V) Broccoli &amp; cheddar quinoa w/brown rice *</p>	<p><b>31</b> (V) Whole wheat macaroni &amp; cheese* Mixed vegetables</p>

*Whole wheat roll Fresh fruit		*Whole wheat bread/butter Fresh fruit	Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	Fresh fruit
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(V) Vegetarian meal      +Whole wheat  
#Gluten free                ^Vegan



## August 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>4</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>5</b> Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	<b>6</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	<b>7</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
<b>10</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>11</b> (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	<b>12</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit	<b>13</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>14</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
<b>17</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>18</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>19</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>20</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>21</b> (V) Lasagna Tossed salad Fresh fruit
<b>24</b> Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	<b>25</b> Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>26</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<b>27</b> Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	<b>28</b> BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>31</b> Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame			<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew,</i>	<i>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</i>



*Whole wheat roll Fresh fruit			<i>cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>	
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(V) Vegetarian meal      +Whole wheat  
#Gluten free                ^Vegan



## September 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	<b>2</b> Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>3</b> Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>4</b> (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
<b>7</b> <b>Closed For Labor Day</b>	<b>8</b> Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	<b>9</b> (V) Whole grain pizza* Garden salad Fresh fruit	<b>10</b> (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	<b>11</b> (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
<b>14</b> Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	<b>15</b> (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	<b>16</b> Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit	<b>17</b> Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>18</b> Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
<b>21</b> Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	<b>22</b> Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	<b>23</b> Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	<b>24</b> Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	<b>25</b> (V) Lasagna Tossed salad Fresh fruit
<b>28</b> Whole wheat ziti with chicken *	<b>29</b> Chicken chili (V) Veg out chili^	<b>30</b> (V) Ravioli w/olive oil, tomato sauce & fresh basil	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons,</i>	<i>~This menu is designed for children age 12+ months</i>

(V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	Peas Fresh fruit	<i>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</i>	<i>Age appropriate milk must be served with lunch</i>
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(V) Vegetarian meal      +Whole wheat  
#Gluten free                ^Vegan