

September 2016

Early Childhood Menu

LUNCH



Items offered daily:

1% Milk, Skim, Chocolate, & Strawberry Milk
Choice of Fresh Seasonal Fruit
or 100% Fruit Juice
Choice of Fresh Seasonal Vegetable



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



5
Lasagna
Garlic Bread Stick
Side Salad
Fresh Sautéed Zucchini

6
Beef Soft Taco
Mexican Rice
Pinto Beans
Chips & Salsa

7
Pizza
Corn
Sliced Cucumbers w/ Dip
French Fries

1
Cheeseburger
Lettuce/Tomato/Pickle
French Fries
Carrots w/ Ranch
Cookie

2
Orange Chicken
LoMein Noodles
Steamed Broccoli
Egg Roll

12
Country Style Steak
Mashed Potatoes w/ Gravy
Green Beans
Carrots
Yeast Roll

13
Cheese Sticks w/ Marinara
Celery & Carrots w/ Dip
Pasta Salad
Cookie

14
Early Release Day
Chicken Sandwich
Chips
Fresh Fruit
Juice

15
Hot Dog w/ Chili
Grape Tomatoes w/ Dip
Corn on the Cob
French Fries

16
Orange Chicken w/ Rice
Steamed Fresh Vegetables
Carrots w/ Dip
Egg Roll

19
Spaghetti
Garlic Bread Stick
Side Salad
Cookie

20
Chicken Sandwich
Lettuce/Tomato/Pickle
French Fries
Carrots w/ Ranch

21
Teriyaki Chicken
LoMein Noodles
Steamed Broccoli
Egg Roll

22
Chicken & Noodles
Steamed Fresh Vegetables
Yeast Roll
Grapes

23
Beef Soft Taco
Mexican Rice
Pinto Beans
Chips & Salsa

26
Chicken Nuggets
Corn
Sliced Cucumbers w/ Dip
French Fries

27
BBQ Chicken w/ Roll
Cole Slaw
Baked Beans
Italian Ice

28
Sliced Ham w/ Roll
Macaroni & Cheese
Sautéed Kale
Sweet Potatoes

29
Oven Roasted Chicken
Mashed Potatoes w/ Gravy
Green Beans
Carrots
Yeast Roll

30
Grilled Chicken Sandwich
Celery & Carrots w/ Dip
Pasta Salad
Apple Crisp