



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

(V) Vegetarian meal

#Gluten free

+Whole wheat

^Vegan



February 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	4 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	5 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	6 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	7 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
10 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	11 (V) Whole grain pizza* Garden salad Fresh fruit	12 Chicken patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	13 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	14 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
17 <p style="text-align: center;">Closed For President's Day</p>	18 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	19 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	20 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	21 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
24 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	25 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	26 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	27 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	28 (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
2 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	3 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	4 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	5 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	6 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
9 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	10 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	11 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	12 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	13 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
16 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	17 (V) Whole grain pizza* Garden salad Fresh fruit	18 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	19 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	20 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
23 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	24 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	25 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit	26 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	27 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
30 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	31 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.</i> <i>This institution is an equal opportunity provider</i>	<i>~This menu is designed for children age 12+ months</i> <i>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>1 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p>	<p>2 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p>	<p>3 (V) Lasagna Tossed salad Fresh fruit</p>
<p>6 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p>	<p>7 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p>8 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>9 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p>	<p>10 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p>
<p>13 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit</p>	<p>14 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit</p>	<p>15 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit</p>	<p>16 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit</p>	<p>17 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit</p>
<p>20 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit</p>	<p>21 (V) Whole grain pizza* Garden salad Fresh fruit</p>	<p>22 Chicken patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit</p>	<p>23 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit</p>	<p>24 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit</p>
<p>27 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p>	<p>28 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit</p>	<p>29 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit</p>	<p>30 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & 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
#Gluten free

+Whole wheat
^Vegan



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

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June 2020 – Lunch

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

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

(V) Vegetarian meal
#Gluten free

+Whole wheat
^Vegan



August 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	4 (V) Whole grain pizza* Garden salad Fresh fruit	5 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	6 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	7 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
10 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	11 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	12 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit	13 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	14 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
17 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	18 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	19 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	20 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	21 (V) Lasagna Tossed salad Fresh fruit
24 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	25 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	26 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	27 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	28 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
31 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll 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 institution is an equal opportunity provider</i>	<i>~This menu is designed for children age 12+ months</i> <i>Age appropriate milk must be served with lunch</i>

(V) Vegetarian meal
 #Gluten free

+Whole wheat
 ^Vegan



September 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	2 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	3 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	4 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
7 Closed For Labor Day	8 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	9 (V) Whole grain pizza* Garden salad Fresh fruit	10 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	11 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
14 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	15 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	16 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy # Grated cheese Spinach salad Fresh fruit	17 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	18 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
21 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	22 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	23 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	24 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	25 (V) Lasagna Tossed salad Fresh fruit
28 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	29 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	30 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas 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>	

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