



LUNCH MENU - JANUARY - 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>Happy New Year! Closed</p>	<p>Turkey ½ oz Cheddar Cheese Wedge Hot Dog Roll 1/8 c Fresh steamed Carrots 1/8 c Sliced Pear Life Raft ½ c Milk <i>V: Tunafish alt White Bean Salad</i></p>	<p>Mac & Cheese/Peas/Fruit Compote ¼ c Whole Grain Rice 1/8 c Fruit Compote ½ c Milk <i>Veg: 1 oz soy protein Goblaki</i></p>	<p>½ 1 Oven Fried Chicken leg 1 oz Cornbread 1/8 c Sweet Potato 1/8 c Honeydew ½ c Milk <i>Vegetarian: 1 chix nuggets</i></p>	<p>½ 2 oz CN Fish Filet w ketchup Whole Grain Bun 1/8 c Spinach 1/8 c Cantaloupe ½ c Milk <i>Veg.: Same/cheese sandwich</i></p>
9	10	11	12	13
<p>1/3 c Chicken Pot Pie <small>1 oz Chicken, 1/8 c carrots, limas, peas</small> ½ oz Whole Grain Biscuit 1/8 c Applesauce ½ c Milk <i>Vegetarian: 1/3 Chix Pot Pie</i></p>	<p>Beef Taco ¼ c Ground Beef, 1 Tbsp Cheese, 1 Tortilla, ¼ c Shredded Lettuce 1/8 c Cantaloupe ½ c Milk <i>Veg: Black Bean Taco</i></p>	<p>Chicken Nuggets 1/8 c Yams, 1/8 c Mango, ½ c Milk <i>Vegetarian: same</i></p>	<p>½ c Spaghetti & 2 Meatballs 1/8 c Zucchini 1/8 c Mandarin Oranges ½ c Milk <i>Vegetarian: 2 Veggie balls</i></p>	<p>Burger Roll 1/8 c Romaine Salad w Lite Ranch 1/8 c Pineapple ½ c Milk <i>Vegetarian: Same</i></p>
16	17	18	19	20
<p>Closed</p>	<p>½ Whole Wheat Tortilla ½ oz Turkey ½ oz Cheese 1/8 c shredded Romaine w Ranch 1/8 c Peach ½ c Milk <i>Veg: Veggie Wrap</i></p>	<p>Macaroni & Beef Salad ¼ c WG Rice 1/8 c Ensalada Chilena ½ c Milk <i>Veg.: Soy Protein Pastel de Choclo</i></p>	<p>Burger/Roll/Salad 1 oz Whole Grain Biscuit 1/8 c Honeydew Melon ½ c Milk <i>Veg.: ½ c Vegetarian RV Chili</i></p>	<p>½ 2 oz Baked Fish Filet ½ slice Whole Wheat Bread 1/8 c Mixed Steamed Greens 1/8 c Pineapple ½ c Milk <i>Veg: Same alt cheese sandwich</i></p>
23	24	25	26	27
<p>Nuggets Green Beans ¼ c Whole Grain Rice 1/8 c Applesauce ½ c Milk <i>Veg: Soy Protein & Bok Choy Stir Fry</i></p>	<p>2 Meatballs 1 Tbsp Cheese Hot Dog Roll 1/8 c Romaine Salad Lite Italian 1/8 c Mixed Fruit ½ c Milk <i>Vegetarian: 2 veggie meatballs</i></p>	<p>Pastaw/meatsauce Salad ½ oz WG Pita Bread 1/8 c Cucumber in yogurt ¼ Banana, ½ c Milk <i>Veg: Soy Protein Kibbeh</i></p>	<p>½ 2 oz sliced chicken and gravy ¼ c WG Rice 1/8 c Spinach 1/8 c Pear ½ c Milk <i>Veg: ½ Chix Patty</i></p>	<p>Mac & Cheese 1/8 c Broccoli 1/8 c Peach ½ c Milk <i>Veg: same</i></p>
30	31			
<p>½ 2 oz Cheeseburger w ketchup Whole grain bun 1/8 c Spinach 1/8 c Mandarin Oranges ½ c Milk <i>Veg: ½ Veggie patty</i></p>	<p>¼ c Turkey Sloppy Joe Whole Wheat Bun 1/8 C Romaine Salad w dressing 1/8 C Pears ½ c Milk <i>Vegetarian: Soy Protein Joe</i></p>			

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Fresh Fruit to include seasonal rotation of fruits available to include – plums, pears, peaches, berries

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