




## Lunch – October, 2019

<p>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</p>	<p>10/1 *Broccoli Quiche Peas +Whole wheat bread/butter Fresh fruit</p>	<p>10/2 +Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>10/3 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>10/4 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>10/7 Power veggie beef &amp; chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>10/8 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>10/9 +Dirty brown rice with beef, vegetables, quinoa and farro Apple cole slaw Fresh fruit</p>	<p>10/10 Black bean, corn, &amp; chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>10/11 *Lasagna Tossed salad Fresh fruit</p>
<p>10/14 +Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>10/15 Chicken chili Broccoli &amp; cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>10/16 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>10/17 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>10/18 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>10/21 Turkey sloppy joe Corn &amp; edamame +Whole wheat roll Fresh fruit</p>	<p>10/22 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>10/23 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>10/24 Maryland-style chicken Sugar snaps &amp; carrots +Whole wheat bread/butter Fresh fruit</p>	<p>10/25 +*Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>10/28 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>10/29 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>10/30 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit</p>	<p>10/31 *Spinach manicotti Winter blend vegetables +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>

\*Vegetarian meal  
+Whole grain




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<p>11/4 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>	<p>11/5 *Quiche Peas +Whole wheat bread/butter Fresh fruit</p>	<p>11/6 +Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>11/7 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>11/8 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>11//11 Power veggie beef &amp; chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>11/12 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>11/13 +Dirty brown rice with beef, vegetables, quinoa and farro Apple cole slaw Fresh fruit</p>	<p>11/14 Black bean, corn, &amp; chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>11/15 *Lasagna Tossed salad Fresh fruit</p>
<p>11/18 +Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>11/19 Chicken chili Broccoli &amp; cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>11/20 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>11/21 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>11/22 THANKSGIVING DINNER Sliced turkey &amp; gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit</p>
<p>11/25 Turkey sloppy joe Corn &amp; edamame +Whole wheat roll Fresh fruit</p>	<p>11/26 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>11/27 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>11/28 ***** CLOSED FOR THANKSGIVING HOLIDAY *****</p>	<p>11/29 ***** CLOSED FOR THANKSGIVING HOLIDAY *****</p>

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+Whole grain



## Lunch – December, 2019

12/2 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	12/3 +*Whole grain pizza Garden salad Fresh fruit	12/4 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit	12/5 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	12/6 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
12/9 Chicken Alfredo with tri-color pasta Salad Fresh fruit	12/10 *Broccoli quiche Peas +Whole wheat bread/butter Fresh fruit	12/11 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	12/12 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	12/13 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
12/16 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	12/17 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	12/18 +Dirty brown rice with beef, vegetables, quinoa and farro Apple cole slaw Fresh fruit	12/19 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	12/20 *Lasagna Tossed salad Fresh fruit
12/23 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	12/24 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	12/25 ***** CLOSED FOR CHRISTMAS DAY *****	12/26 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	12/27 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit
12/30 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	12/31 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	~This menu is designed for children age 12+ months	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>Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch</p>

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