

JANUARY 2019 - CHILD CARE COLD LUNCH MENU

Remember that at least one vegetable component MUST be served every day at Lunch!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/7/2019 235 AMERICAN CHEESE ON WHOLE GRAIN BREAD 715 ITALIAN CORN SALAD (2 serv/cont)+ 670 FRESH FRUIT 100 WHITE MILK	1/8/2019 205 WHOLE GRAIN POPCORN CHICKEN 637 RAINBOW BEAN SALAD (2 serv/cont)+ 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/9/2019 250 TURKEY BOLOGNA, TURKEY SALAMI & CHEESE ON WHOLE GRAIN ROLL 602 RED BLISS POTATO SALAD WITH TURKEY BACON 670 FRESH FRUIT 100 WHITE MILK FOOD ORDER DUE - WEEK OF 1/28	1/10/2019 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK	1/11/2019 239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD 506 CHOPPED ROMAINE SALAD 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK
1/14/2019 227 BBQ CHICKEN & CHEESE WG WRAP 637 RAINBOW BEAN SALAD (2 serv/cont)+ 670 FRESH FRUIT 100 WHITE MILK	1/15/2019 251 WG BAKED CHICKEN NUGGETS 715 ITALIAN CORN SALAD (2 serv/cont)+ 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/16/2019 239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD 602 RED BLISS POTATO SALAD WITH TURKEY BACON 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK FOOD ORDER DUE - WEEK OF 2/4	1/17/2019 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK	1/18/2019 235 AMERICAN CHEESE ON WHOLE GRAIN BREAD 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
1/21/2019 250 TURKEY BOLOGNA, TURKEY SALAMI & CHEESE ON WHOLE GRAIN ROLL 715 ITALIAN CORN SALAD (2 serv/cont)+ 670 FRESH FRUIT 100 WHITE MILK Martin Luther King, Jr. Day	1/22/2019 235 AMERICAN CHEESE ON WHOLE GRAIN BREAD 637 RAINBOW BEAN SALAD (2 serv/cont)+ 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	1/23/2019 205 WHOLE GRAIN POPCORN CHICKEN 602 RED BLISS POTATO SALAD WITH TURKEY BACON 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK FOOD ORDER DUE - WEEK OF 2/11	1/24/2019 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK	1/25/2019 239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
1/28/2019 251 WG BAKED CHICKEN NUGGETS 715 ITALIAN CORN SALAD (2 serv/cont)+ 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	1/29/2019 235 AMERICAN CHEESE ON WHOLE GRAIN BREAD 637 RAINBOW BEAN SALAD (2 serv/cont)+ 670 FRESH FRUIT 100 WHITE MILK	1/30/2019 227 BBQ CHICKEN & CHEESE WG WRAP 602 RED BLISS POTATO SALAD WITH TURKEY BACON 670 FRESH FRUIT 100 WHITE MILK FOOD ORDER DUE - WEEK OF 2/18	1/31/2019 239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK	2/1/2019 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK

+CHILDREN AGE 6 & ORDER MUST BE SERVED THE FULL CONTAINER OF ITALIAN CORN SALAD OR RAINBOW BEAN SALAD

+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD

MENU SUBJECT TO CHANGE

WG = WHOLE GRAIN-RICH

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

REMINDER! Water must be OFFERED every day!

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