



DAYCARE ALLERGENS LUNCH MENU September 2017

Dairy/Milk [D] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] No Peanuts or Tree Nuts are used in these menus

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CLOSED

LUNCH

LABOR DAY Holiday

Mediterranean
 1/4 c Pulled Chicken
 1/2 WG Pita [G][S][C]
 1 Tbsp Hummus
 1/4 c Petite Broccoli w Italian [C]
 1/4 c Tropical Fruit Salad
 3/4 c Milk [D]

Italian
 2 Chicken Tenders 2 oz [G][C]
 PC Marinara Sauce [T]
 1 WG Breadstick [D][G][S]
 1/4 c Baby Carrots
 1/2 Apple
 3/4 c Milk [D]

1 Chicken Patty [D][E][G][S] w Ketchup [T][C]
 • 2 oz Chicken
 1 WG Bun [G][S][C]
 1/4 c Three Bean Salad
 1/4 c Tropical Fruit Salad
 3/4 c Milk [D]

2 oz Oven Baked Chicken Leg
 EHS 2 Chicken Tenders [G][C]
 1 WG Wheat Roll [D][E][G][S][C]
 1/4 c Glazed Carrots
 1/4 c Apple Slices
 3/4 c Milk [D]

Make Your Own Wrap
 1 oz Turkey (2 Slices) [C]
 1/2 oz Cheddar Cheese [D]
 1 WG Flour Tortilla [G][S][C]
 1/4 c Spinach Salad w Italian [C]
 1/4 c Strawberries ALT Pears
 3/4 c Milk [D]

2 oz CN Hamburger Patty [S] w Ketchup [T][C]
 1 WG Bun [G][S][C]
 1/4 c Spinach Salad w Ranch [D][E][S][C]
 1/4 c Cantaloupe
 3/4 c Milk [D]

2 WG Cheese Enchiladas [D][T][S][C] & (sauce on the side) [T]
 • 2 oz grain, 1.5 oz Cheese
 1/4 c Romaine with Ranch [D][E][S][C]
 2 Orange Wedges
 3/4 c Milk [D]

2 oz Oven Fried Chicken Leg [C]
 EHS 2 Chicken Tender [G][C]
 1 oz Cornbread [D][E][G][S][C]
 1/4 c Cole Slaw [E][S][C]
 1/4 c Honeydew EHS Diced
 3/4 c Milk [D]

2 oz Meatloaf [D][T][G][S][C] & Gravy [D][G][S][C]
 1 WG Wheat Roll [D][E][G][S][C]
 1/4 c Mashed Potatoes
 1/4 c Honeydew
 3/4 c Milk [D]

Thailand
 3/8 c Thai Basil Chicken [G][S]
 1/4 c Basmati Rice
 1/4 c Broccoli and Bean Dip
 1/4 c Pears
 3/4 c Milk [D]

3 oz WG Fish Fillet [D][E][G][S][C][F] w Ketchup [T][C]
 1/4 c Bolivian Rice
 1/4 c Spinach Salad w Italian [C]
 1/4 c Strawberries (2ea) ALT
 Honeydew
 3/4 c Milk [D]

Make Your Own Taco
 1/4 c Beef Taco Meat [T] (1.5 oz meat)
 1 Tbsp Shredded Cheddar Cheese [D]
 1oz Hard Taco Shell [C]
 EHS 1 oz WG Tortilla [G][S][C]
 1/4 c Shredded Romaine
 PC Salsa [T]
 1/2 Banana
 3/4 c Milk [D]

Asian
 1/4 c Honey Glazed Chicken [G][S] (1.5 oz meat)
 1/4 c Brown Rice
 1/4 c Broccoli w Ranch [D][E][S][C]
 1/4 c Mandarin Oranges
 3/4 c Milk [D]

Make Your Own Joe
 1/4 c Beef Sloppy Joe [T][C] (1.5 oz meat)
 1 WG Bun [G][S][C]
 1/4 c Cole Slaw [E][S][C]
 2 Orange Wedges
 3/4 c Milk [D]

Make Your Own Burrito
 1/4 c Black Beans & 1/8 c Monterrey Cheese [D]
 1 6 in WW Tortilla [G][S][C]
 PC Mild Salsa [T]
 1/4 c Romaine
 1/4 c Watermelon ALT: Pineapple
 3/4 c Milk [D]

1/2 c Macaroni & Cheese [D][E][G][S][C]
 • 1/4 oz Cheese; 1/4 c WG Noodles
 3/8 c Vegetarian Baked Beans
 1/4 c Spinach Salad w Italian [C]
 1/4 c Peaches
 3/4 c Milk [D]

3/4 c Vegetarian Chili [T]
 • 3/8 c Beans
 1 oz Cornbread [D][E][G][S][C]
 1/4 c Romaine Salad w Italian [C]
 1/4 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)
 3/4 c Milk [D]

1 Cheese Manicotti (2.75oz) [D][E][T][G][C]
 • 1 1/2 oz cheese 2 oz WG grain
 1/4 c Romaine Salad w Ranch [D][E][S][C]
 1/4 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)
 3/4 c Milk [D]