

**Lunch Menu Week 1 - Dates: 1/20/20**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **LUNCH** | | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Milk | ½ cup | ¾ cup | Whole Milk/1% Milk | Whole Milk/1% Milk | Whole Milk/1% Milk | Whole Milk/1% Milk | Whole Milk/1% Milk |
| Meat/Meat Alternate | 1 oz | 1.5 oz | WGR (LF) Stuffed Shells with Marinara Sauce | Diced Chicken in Garlic Sauce | Meatballs in Marinara Sauce | Baked Chicken | Kidney Beans |
| Vegetarian |  | |  | Kidney Beans | Veggie Chili | Garbanzo Beans |  |
| Grain/Bread | ½ oz eq | | WGR Pasta Shells | Brown Rice | WW Bread | WGR Pasta | White Rice |
| Vegetable | 1/8 cup | ¼ cup | Broccoli | Carrots | Peas | Spinach | Mixed Vegetables |
| Vegetable or Fruit | 1/8 cup | ¼ cup | Tangerine | Plum | Banana | Pear | Peach |
| Extra |  |  |  |  |  |  |  |
| **PM SNACK** | | |  |  |  |  |  |
| Milk | ½ cup | |  |  |  |  |  |
| Meat/Meat Alt | ½ oz | |  | Fruit Yogurt | Hummus |  | LF Cottage Cheese |
| Grain/Bread | ½ oz eq | | WGR Cheez-It Crackers |  | WGR Cracker | WGR Jungle Crackers |  |
| Vegetable | ½ cup | |  |  |  |  |  |
| Fruit | ½ cup | | 100% Orange Juice | Pear |  | 100% Orange Pineapple Juice | Unsweetened Apple Sauce |



**Lunch Menu Week 2 - Dates: 1/27/20**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **LUNCH** | | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Milk | ½ cup | ¾ cup | Whole Milk/1% Milk | Whole Milk/1% Milk | Whole Milk/1% Milk | Whole Milk/1% Milk | Whole Milk/1% Milk |
| Meat/Meat Alternate | 1 oz | 1.5 oz | WGR LF Mac and Cheese | Roast Chicken | Burger | Diced Chicken in Hawaiian Sauce | WGR Cheese Pizza + LF String Cheese |
| Vegetarian |  | |  | Black Beans | Veggie Burger | Lentils |  |
| Grain/Bread | ½ oz eq | | WGR Macaroni | Brown Rice | WW Bun | Brown Rice | WGR Crust |
| Vegetable | 1/8 cup | ¼ cup | Green Beans | Peas | Mashed Potatoes | Mixed Vegetables | Garden Salad |
| Vegetable or Fruit | 1/8 cup | ¼ cup | Nectarine | Apple | Banana | Clementine | Unsweetened Apple Sauce |
| Extra |  |  |  |  | Ketchup |  | Dressing |
| **PM SNACK** | | |  |  |  |  |  |
| Milk | ½ cup | |  |  |  | Whole Milk/1% Milk |  |
| Meat/Meat Alt | ½ oz | |  | Fruit Yogurt | LF Cheese Cubes |  |  |
| Grain/Bread | ½ oz eq | | WGR Bear Crackers |  | WGR Crackers | WGR Jungle Crackers | WGR Cheez-It Crackers |
| Vegetable | ½ cup | |  |  |  |  |  |
| Fruit | ½ cup | | 100% Orange Juice | Peaches |  |  | 100% Orange Pineapple Juice |



**Lunch Menu Week 3 - Dates: 2/3/20**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **LUNCH** | | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Milk | ½ cup | ¾ cup | Whole Milk/1% Milk | Whole Milk/1% Milk | Whole Milk/1% Milk | Whole Milk/1% Milk | Whole Milk/1% Milk |
| Meat/Meat Alternate | 1 oz | 1.5 oz | LF Cheese Lasagna | Roast Chicken with BBQ Sauce | Sloppy Joe | Baked Chicken | LF Mac and Cheese |
| Vegetarian |  | |  | Kidney Beans | Veggie Chili | Garbanzo Beans |  |
| Grain/Bread | ½ oz eq | | WGR Pasta | Brown Rice | WW Bun | Brown Rice | WGR Macaroni |
| Vegetable | 1/8 cup | ¼ cup | Corn | Broccoli | Garden Salad | Mixed Veggies | Spinach |
| Vegetable or Fruit | 1/8 cup | ¼ cup | Pear | Tangerine | Banana | Clementine | Pear |
| Extra |  |  |  |  | Salad Dressing |  |  |
| **PM SNACK** | | |  |  |  |  |  |
| Milk | ½ cup | |  |  |  |  |  |
| Meat/Meat Alt | ½ oz | |  |  | LF Cheese Cubes |  | Humus |
| Grain/Bread | ½ oz eq | | WGR Goldfish Crackers | WGR Bear Crackers | WGR Crackers | WGR Muffin | Unsalted Pretzels |
| Vegetable | ½ cup | |  |  |  |  |  |
| Fruit | ½ cup | | 100% Orange Juice | Unsweetened Apple Sauce |  | 100% Apple Juice |  |



**Lunch Menu Week 4 - Dates: 2/10/20**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **LUNCH** | | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Milk | ½ cup | ¾ cup | Whole Milk/1% Milk | Whole Milk/1% Milk | Whole Milk/1% Milk | Whole Milk/1% Milk | Whole Milk/1% Milk |
| Meat/Meat Alternate | 1 oz | 1.5 oz | LF Cheese Ravioli with Marinara Sauce | Burger | Diced Chicken Breast with BBQ Sauce | Three Bean Chili | LF Cheese Pizza & String Cheese |
| Vegetarian |  | |  | Veggie Burger | Lentils |  |  |
| Grain/Bread | ½ oz eq | | WGR Pasta | WW Bun | Brown Rice | WW Mini Roll | WGR Pizza Crust |
| Vegetable | 1/8 cup | ¼ cup | Mixed Veggies | Tater Tots | Carrots | Garden Salad | Collard Greens |
| Vegetable or Fruit | 1/8 cup | ¼ cup | Plum | Tangerine | Banana | Apple | Nectarine |
| Extra |  |  |  | Ketchup |  | Dressing |  |
| **PM SNACK** | | |  |  |  |  |  |
| Milk | ½ cup | |  |  |  | Whole Milk/1% Milk |  |
| Meat/Meat Alt | ½ oz | |  | Fruit Yogurt | Cottage Cheese |  |  |
| Grain/Bread | ½ oz eq | | WGR Cheez-It Crackers |  | Unsalted Pretzels | WGR Muffin | WGR Jungle Crackers |
| Vegetable | ½ cup | |  |  |  |  |  |
| Fruit | ½ cup | | 100% Orange Juice | Pears |  |  | 100% Apple Juice |