

 **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 |