



Lunch Menu – Dairy & Egg Free

October 2024

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk Alternative (*menu modifications in italics*)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk Alternative (*menu modifications in italics*)

3–5-Year-Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk Alternative

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk Alternative

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 Sunbutter & Jelly Sandwich on WW Bread Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk Alternative	October 1 Turkey Sandwich on WW Bread Carrot Sticks (Chic Peas) Fruit Milk Alternative	October 2 Turkey Burger on WG Bun Tater Tots Ketchup Fruit Milk Alternative	October 3 WG Pasta w. Meat Sauce Mixed Vegetables Fruit Milk Alternative	October 4 Chicken Taco w/ WW Flour Tortilla Corn & Black Bean Salad Fruit Milk Alternative National Taco Day
October 7 Beef Riblet w/BBQ Sauce WG Dinner Roll Green Beans Fruit Milk Alternative	October 8 Grilled Chicken WG Biscuit Mixed Veg Fruit Milk Alternative	October 9 Turkey Ham Hoagie on WG Roll Cucumbers Fruit mayo Milk Alternative National Hoagie Day	October 10 Beef BBQ WG Bun Cauliflower Fruit Milk Alternative	October 11 WG Chicken Fingers Cooked Carrots Ketchup Fruit Milk Alternative
October 14 Beef BBQ WG Hoagie Roll Green Beans Fruit Milk Alternative	October 15 Grilled Chicken Sandwich WG Bun Carrot Sticks Fruit Milk Alternative	October 16 Turkey Ham Sandwich on WW Bread Diced Cucumber (Peeled and Diced Cucumber) Fruit Milk Alternative	October 17 Veggie Sausage on WG Bagel Breakfast Potatoes Fruit Milk Alternative	October 18 Hamburger on WG Bun Corn Fruit Milk Alternative
October 21 Chicken Fingers Vegan French Toast Broccoli (Peeled & Diced Cucumber) Fruit Milk Alternative National Chicken & Waffle Day	October 22 Beef Taco on WW Flour Tortilla Corn & Black Salad Fruit Milk Alternative	October 23 Grilled Chicken w. Rice Peas Fruit Milk Alternative	October 24 WG Pasta w. Meat Sauce Diced Cucumbers Fruit Milk Alternative	October 25 Turkey Sandwich on WW Bread Carrot Sticks (Chic Peas) Fruit Milk Alternative
October 28 WG Chicken Fingers Cooked Carrots Ketchup Fruit Milk Alternative	October 29 Turkey Sausage Vegan French Toast Broccoli (Diced Tomatoes) Fruit Milk Alternative	October 30 Hamburger Patty WG Dinner Roll Mixed Vegetables Fruit Milk Alternative	October 31 Grilled Chicken w/Salsa Red Beans & Bown Rice Fruit Milk Alternative	November 1 Turkey Sandwich on WW Bread Celery Sticks (Diced Cucumbers) Fruit Milk Alternative

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos, Blueberries