



Lunch Menu – Dairy & Egg Free

November 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
October 28 WGR 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 WGR Dinner Roll Mixed Vegetables Fruit Milk Alternative	October 31 Grilled Chicken w/Salsa Red Beans & Brown Rice Fruit Milk Alternative	November 1 Sunbutter & Jelly Sandwich Celery Sticks (Diced Cucumbers) Ranch Dressing Fruit Milk Alternative
November 4 Beef Riblet w/BBQ Sauce WGR Dinner Roll Green Beans Fruit Milk Alternative	November 5 Orange Chicken Brown Rice Broccoli (Peas) Fortune Cookie Fruit Milk Alternative National Chinese Take Out Day!	November 6 Taco Beef WGR Tortilla Chips (Flour Tortilla) Corn Fruit Milk Alternative National Nachos Day!	November 7 WGR Chicken Fingers Cooked Carrots Ketchup Fruit Milk Alternative	November 8 Turkey Hoagie on WGR Roll Cucumbers Fruit Milk Alternative
November 11 Beef BBQ WGR Hoagie Roll Green Beans Fruit Milk Alternative	November 12 Grilled Chicken Sandwich WGR Bun Carrots Fruit Milk Alternative	November 13 Pasta w. Meat Sauce Mixed Vegetables Fruit Milk Alternative	November 14 Turkey Sausage Breakfast Potatoes Vegan French Toast Sticks Fruit Milk Alternative	November 15 Turkey Sandwich on WGR Bread Diced Cucumber (Peeled and Diced Cucumber) Fruit Milk Alternative
November 18 Grilled Chicken WGR Biscuit Mixed Veg Fruit Milk Alternative	November 19 Beef BBQ WGR Bun Cauliflower Fruit Milk Alternative	November 20 Grilled Chicken Rice Peas Fruit Milk Alternative	November 21 Roast Turkey WGR Dinner Roll Carrot Sticks (Carrots) Fruit Milk Alternative National Stuffing Day!	November 22 Sunbutter & Jelly Sandwich Carrot Sticks (Chic Peas) Fruit Milk Alternative
November 25 Turkey Burger on WGR Bun Tater Tots Ketchup Fruit Milk Alternative	November 26 Grilled Chicken Fajita WGR Flour Tortilla Fajita Pepper Blend Fruit Milk Alternative National Pepper Month!	November 27 Pasta w. Meat Sauce Mixed Vegetables Fruit Milk Alternative	November 28 HAPPY THANKSGIVING!	November 29 Sunbutter & Jelly Sandwich Carrot Sticks (Chic Peas) 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