



# Chef Chipper's Early Learners Lunch Program



## Lunch



Serving sizes as follows:

1-2 year olds - m/ma 1oz, fruit 1/4c, veg 1/4 c, grain 1/2oz, 4oz Plain Whole Milk















3-5 year olds - m/ma 1.5oz, fruit 1/4c, veg 1/4c, grain 1/2oz, 6oz Plain 1% Milk

This institution is an equal opportunity provider.

School Age - m/ma 2oz, fruit 1/2c, veg 1/2c, grain, 1oz, 8oz Plain 1% Milk

Approved by Barbara Myers, RD, LD/N

\* Please See CACFP Meal Pattern Charts

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>"Bacon" Chicken Ranch Bake</u> Diced Chicken Breast-Creamy Ranch TURKEY BACON- Rice Topped w/ White Cheddar Corn Apple Slices	3 <u>Roasted Chicken in Gravy</u> Pulled Chicken Breast WG Rice Corn Mixed Fruit 	4 <u>Spaghetti Bolognese</u> WG Pasta - 100% Cheddar 80/20 Ground Beef Ricotta - Shredded Mozzarella Carrots Bananas	5 <u>Swedish Meatballs</u> 100% Beef Meatballs Pullman Bread Green Beans Oranges <div style="border: 1px solid red; padding: 5px; width: fit-content; margin: 5px auto;">1% Milk Is Served At Lunch Everyday Whole Milk Is Available For Students Age 1</div>	6 <u>Tyson Chicken Nuggets</u> Tossed Salad Peaches 
9 <u>Popcorn Chicken</u> <u>Broccoli Bites</u> w/ Ranch Dressing Apple Slices 	10 <u>Turkey Meatloaf</u> WG Breadsticks Roasted Potatoes Mixed Fruit	11 <u>Chicken Tacos</u> Pulled Chicken Breast Flour Tortillas Shredded Cheddar Corn	12 <u>Chicken Primavera</u> Shredded Chicken Breast - WG Pasta Garlic Cream Sauce Spinach - Mozzarella Corn Oranges 	13 <u>Chicken Empanadas</u> Tossed Salad Peaches
16 <u>Chicken &amp; White Bean Stew</u> Diced Chicken- Cannellini Beans Over Rice Corn Apple Slices	17 <u>Turkey Ham</u> WG Breadsticks Mashed Potatoes Mixed Fruit <b>St. Patrick's Day</b> 	18 <u>Beefy Baked Ziti</u> WG Penne Pasta—100% Cheddar Tomato Sauce - Mozzarella - Ricotta Peas Bananas	19 <u>Sweet &amp; Sour Chicken</u> Rice Stir Fry Vegetables Oranges	20 <u>Tyson Chicken Nuggets</u> Tossed Salad Peaches 
23 <u>Roasted BBQ Chicken Bites</u> <u>Broccoli Bites</u> with Ranch Dressing Apple Slices 	24 <u>Turkey Corn Dog Nuggets</u> Mixed Vegetables Mixed Fruit	25 <u>Beef &amp; Bean Chili</u> Seasoned Taco Meat (80/20 Ground Beef) Rice & Beans - 100% Cheddar Corn Bananas 	26 <u>Chicken Parmesan</u> Shredded Chicken Breast - Mozzarella Cheese WG Penne Pasta Green Beans Oranges 	27 <u>Personal Pizza</u> Tossed Salad Peaches 
30 <u>Tyson Chicken Nuggets</u> Tossed Salad Apple Slices 	31 <u>Mexi-Cali Chicken over Rice</u> Shredded Chicken Breast Kidney Beans, Rice, Topped w/ Melted Cheddar Corn Mixed Fruit 	Q: How Can You Spot A Jealous Shamrock??  A: It Will Be Green With Envy 	<div style="border: 1px solid blue; padding: 10px; text-align: center;">Menu Items Subject To Change Based On Availability  Meal Changes Shall Be Written On The Posted Menu</div>	 <b>CACFP</b> Child & Adult Care Food Program



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## Veggie Lunch



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Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>Baked Macaroni &amp; Cheese</u> Corn Apple Slices	3 <u>WG Mozzarella Calzones</u> Corn Mixed Fruit 	4 <u>Baked Ziti</u> Carrots Bananas	5 <u>Veggie Burgers</u> Pullman Bread Green Beans Oranges <div style="border: 1px solid red; padding: 5px; width: fit-content; margin: 5px auto;">1% Milk Is Served At Lunch Everyday Whole Milk Is Available For Students Age 1</div>	6 <u>Veggie Nuggets</u> Tossed Salad Peaches 
9 <u>Veggie Nuggets</u> Broccoli Bites w/ Ranch Dressing Apple Slices 	10 <u>Baked Macaroni &amp; Cheese</u> WG Breadsticks Roasted Potatoes Mixed Fruit	11 <u>Cheese Quesadillas</u> Shredded Cheddar Corn Bananas 	12 <u>Baked Ziti</u> Corn Oranges 	13 <u>Grilled Cheese</u> Tossed Salad Peaches
16 <u>Baked Macaroni &amp; Cheese</u> Corn Apple Slices	17 <u>Grilled Cheese</u> Mashed Potatoes Mixed Fruit <b>St. Patrick's Day</b> 	18 <u>Baked Ziti</u> Peas Bananas	19 <u>Sweet &amp; Sour Tofu</u> Rice Stir Fry Vegetables Oranges	20 <u>Veggie Nuggets</u> Tossed Salad Peaches 
23 <u>Baked Macaroni &amp; Cheese</u> with Ranch Dressing Apple Slices 	24 <u>Veggie Burgers</u> Mixed Vegetables Mixed Fruit	25 <u>WG Calzone's</u> Corn Bananas 	26 <u>Baked Ziti</u> Green Beans Oranges 	27 <u>Personal Pizza</u> Tossed Salad Peaches 
30 <u>Veggie Nuggets</u> Tossed Salad Apple Slices 	31 <u>Grilled Cheese</u> Corn Mixed Fruit 	Q: How Can You Spot A Jealous Shamrock??  A: It Will Be Green With Envy 	<div style="border: 1px solid blue; padding: 5px;">Menu Items Subject To Change Based On Availability  Meal Changes Shall Be Written On The Posted Menu</div>	 <b>CACFP</b> Child & Adult Care Food Program