



# Chef Chipper's Early Learners Lunch Program



## Veggie Lunch



This institution is an equal opportunity provider.  
Approved by Barbara Myers, RD, LD/N

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

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

\* Please See CACFP Meal Pattern

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|   |  <p>Q: What do butterflies use to hold up their houses???</p> <p>A: Cater-Pillars!</p>               |    | <div style="border: 1px solid red; padding: 5px; width: fit-content; margin: auto;"> <p>1% Milk<br/>Is Served At<br/>Lunch Everyday<br/>Whole Milk Is Available<br/>For Students Age 1</p> </div>  | <p>1</p>  <p>WG Personal Pizza<br/>Tossed Salad<br/>Peaches</p>   |
| 4  | 5   | 6  | 7   | 8  |
| <p><u>Veggie Burgers</u><br/>WG Roll<br/>Mashed Potatoes<br/>Apple Slices</p>  |  <p>WG Mozzarella Calzone<br/>Mashed Potatoes<br/>Mixed Fruit</p>                                    | <p><u>Baked Ziti</u><br/>WG Penne Pasta—100% Cheddar<br/>Tomato Sauce - Mozzarella - Ricotta<br/>Carrots<br/>Bananas</p>   | <p><u>WG Spanish Rice &amp; Red Beans</u><br/>Peas &amp; Carrots<br/>Oranges</p>   |  <p><u>Grilled Cheese</u><br/>WG Bread<br/>Tossed Salad<br/>Peaches</p>   |
| 11   | 12  | 13   | 14  | 15   |
| <p><u>WG Veggie Nuggets</u><br/>Tossed Salad<br/>Apple Slices</p>    | <p><u>WG Spanish Rice &amp; Red Beans</u><br/>100% Cheddar<br/>Corn<br/>Mixed Fruit</p>   |  <p><u>Cheese Quesadillas</u><br/>100% Cheddar<br/>WG Flour Tortillas<br/>Fajita Vegetable Mix<br/>Bananas</p>   | <p><u>Sweet &amp; Sour Tofu</u><br/>WG Rice<br/>Stir Fry Vegetables<br/>Oranges</p>   |  <p>WG Personal Pizza<br/>Tossed Salad<br/>Peaches</p>   |
| 18   | 19  | 20   | 21  | 22   |
| <p><u>Baked Mac &amp; Cheese</u><br/>WG Pasta - 100% Cheddar<br/>Mixed Vegetables<br/>Peaches</p>  |  <p>WG Mozzarella Calzone<br/>Peas &amp; Carrots<br/>Apple Slices</p>                              | <p><u>Grilled Cheese</u><br/>WG Bread<br/>Corn<br/>Bananas</p>   | <p><u>Morning Star Chk'n</u><br/>WG Rotini - Creamy Creole Sauce<br/>Mixed Vegetables<br/>Oranges</p>   | <p><u>Baked Ziti</u><br/>WG Pasta<br/>Tossed Salad<br/>Peaches</p>    |
| 25   | 26  | 27   | 28  | 29   |
|  <p>WG Veggie Nuggets<br/>Broccoli Bites<br/>with Ranch Dressing<br/>WG Pullman Bread<br/>Apple Slices</p> | <p><u>Cheese Quesadillas</u><br/>100% Cheddar<br/>WG Flour Tortillas<br/>Corn<br/>Mixed Fruit</p>  | <p><u>Baked Ziti</u><br/>WG Penne Pasta—100% Cheddar<br/>Tomato Sauce - Mozzarella - Ricotta<br/>Peas - Bananas</p> <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: auto;"> <p>Menu Items Subject To Change<br/>Based On Availability</p> </div> |  <p><u>Veggie Burgers</u><br/>WG Roll<br/>Mashed Potatoes<br/>Oranges</p>  | <p>WG Personal Pizza<br/>Tossed Salad<br/>Peaches</p> <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: auto;"> <p>Meal Changes Shall Be<br/>Written On The Posted Menu</p> </div> |