



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 Charts

Monday	Tuesday	Wednesday	Thursday	Friday
<u>3</u> Veggie Nuggets (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) Corn Pineapple	<u>4</u>  Veggie Burgers WG Roll Green Beans Mixed Fruit	<u>5</u> Cheese Quesadillas (100) Cheddar WG Tortillas) WG Roll Carrots Bananas 	<u>6</u> Baked Ziti WG Penne Pasta—100% Cheddar Tomato Sauce - Mozzarella - Ricotta (1-2 y/o 4oz per) (3-5 you 6oz per) Vegetable Blend (Peas, Carrots, Broccoli, Peppers)	<u>7</u> Tony's Deep Dish WG Pizza Tossed Salad Peaches 
<u>10</u> Baked Mac & Cheese WG Pasta - 100% Cheddar (1-2 y/o 4oz per) (3-5 you 6oz per) Carrots Apple Slices 	<u>11</u> Veggie Burgers WG Pullman Bread Peas & Carrots Mixed Fruit	<u>12</u> WG Mozzarella Calzone Tossed Salad Bananas 	<u>13</u> Grilled Cheese (10% Cheddar WG Bread) Green Beans Oranges 	<u>14</u> WG Sun Butter Sandwich Corn Pineapple
<u>17</u> Veggie Nuggets (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) Tossed Salad Apple Slices	<u>18</u> Cheese Quesadillas (100) Cheddar WG Tortillas) Fajita Vegetable Mix Mixed Fruit	<u>19</u> Rice & Bean Burrito Bowls Red & Black Beans WG Rice w/ 100% Cheddar Corn Bananas 1% Milk Is Served At Lunch Everyday Whole Milk Is Available For Students Age 1	<u>20</u> Sweet & Sour Tofu WG Rice Stir Fry Vegetables Stir Fry Vegetables (Peas, Carrots, Broccoli, Peppers) Oranges	<u>21</u> Tony's Deep Dish WG Pizza Tossed Salad Peaches
<u>24</u> Baked Mac & Cheese WG Pasta - 100% Cheddar (1-2 y/o 4oz per) (3-5 you 6oz per) Corn Peaches	<u>25</u> Grilled Cheese (100% Cheddar WG Bread) Diced Potatoes Apple Slices 	<u>26</u> Baked Ziti WG Penne Pasta—100% Cheddar Tomato Sauce - Mozzarella - Ricotta (1-2 y/o 4oz per) (3-5 you 6oz per) Peas - Bananas	<u>27</u> WG Sun Butter Sandwich Green Beans Oranges	<u>28</u> Veggie Nuggets (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) Tossed Salad Pineapple 
<u>31</u> Veggie Nuggets (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) Pullman Bread Peas Apple Slices 	Meal Changes Shall Be Written On The Posted Menu Menu Items Subject To Change Based On Availability	 Q: What did the ghost say on the 4th of July ??? A: Red, White, & Blue!	 Child & Adult Care Food Program	