



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

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

This institution is an equal opportunity provider.

Approved by Barbara Myers, RD, LD/N

* Please See CACFP Meal Pattern

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
	 Q: What Do Ghosts Eat For Dessert? ? ? A: I - Scream!!		1 Chicken Parm Pulled Chicken Breast WG Pasta Italian Mixed Veggie (Green Beans, Diced Red & Green Peppers) Oranges	2 Baked Mac & Cheese WG Pasta - 100% Cheddar (1-2 y/o 4oz per) (3-5 you 6oz per) Carrots Peaches
5 Tyson Chicken Nuggets (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) Peas Pineapple	6  MaxxStix (2per) Tossed Salad Mixed Fruit	7 Santa Fe Pasta Bake WG Pasta - 100% Cheddar Ground Turkey - Shredded Cheddar Carrots Bananas	8 Mesquite BBQ Chicken & Rice WG Rice Corn Oranges	9 Tony's Deep Dish WG Pizza Tossed Salad Peaches
12 Tyson Boneless Chicken Bites (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) Corn Peaches 	13 WG Chicken Empanadas Tossed Salad Mixed Fruit	14  Beef & Bean Chili 80/20 Ground Beef - White Beans 100% Cheddar -over WG Rice Corn Bananas	15 Sweet & Sour Chicken Pulled Chicken Breast WG Rice Oranges 	16 Open Faced Turkey Sandwich WG Pullman Bread Roasted Potatoes Peaches
19 Baked Ziti WG Penne Pasta—100% Cheddar Tomato Sauce - Mozzarella - Ricotta (1-2 y/o 4oz per) (3-5 you 6oz per) Peaches Peas	20 Meatball Sandwich 100% Beef Meatballs (4 .5oz) WG Hot Dog Roll Tossed Salad Mixed Fruit	21 Chicken Burrito Bowls Pulled Chicken Breast WG Rice & Beans w/ 100% Cheddar Corn Bananas 1% Milk Is Served At Lunch Everyday Whole Milk Is Available For Students Age 1	22 Broccoli Chicken Alfredo Pulled Chicken Breast - Steamed Broccoli WG Pasta - Creamy Alfredo Sauce Green Beans Oranges	23 Tyson Chicken Nuggets (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) Tossed Salad Peaches
26 Roasted BBQ Chicken Bites (5 = 2oz M) (3 = 1oz M) WG Pullman Bread Peas Apple Slices Meal Changes Shall Be Written On The Posted Menu	27 Crispy Fish Filet WG Breadstick Mixed Vegetables Mixed Fruit Menu Items Subject To Change Based On Availability	28  Sloppy Joe (80/20 Ground Beef) WG Roll Green Beans Mixed Fruit	29 Mozzarella Baked WG Beefy Ravioli WG Cheese Ravioli - Mozzarella Cheese 80/20 Ground Beef Sauce Corn Oranges	30  Chicken Fajitas Pulled Chicken Breast WG Flour Tortillas Fajita Vegetable Mix Peaches