



# Chef Chipper's Early Learners Lunch Program



## Veggie 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
<p><u>Menu Items Subject To Change Based On Availability</u></p> <p><u>Meal Changes Shall Be Written On The Posted Menu</u></p>	<p><u>1% Milk Is Served At Lunch Everyday</u> <u>Whole Milk Is Available For Students Age 1</u></p> 		<p>- What's a snowman's favorite snack?</p> <p>-Ice Krispy Treats</p> 	<p><u>Veggie Nuggets</u></p> <p><u>Tossed Salad</u></p> <p><u>Peaches</u></p> 
5	6	7	8	9
<p><u>Baked Ziti</u></p> <p><u>Pullman Bread</u></p> <p><u>Peas</u></p> <p><u>Apple Slices</u></p>	 <p><u>Macaroni &amp; Cheese</u></p> <p><u>Carrots</u></p> <p><u>Mixed Fruit</u></p>	<p><u>Grilled Cheese</u></p> <p><u>Peas</u></p> <p><u>Bananas</u></p>	<p><u>Veggie Burgers</u></p> <p><u>WG Roll</u></p> <p><u>Potatoes</u></p> <p><u>Oranges</u></p>	<p><u>Personal Pizza</u></p> <p><u>Tossed Salad</u></p> <p><u>Peaches</u></p>
12	13	14	15	16
<p><u>Veggie Nuggets</u></p> <p><u>Peas</u></p> <p><u>Apple Slices</u></p> 	<p><u>Baked Ziti</u></p> <p><u>Corn</u></p> <p><u>Mixed Fruit</u></p> 	<p><u>Cheese Quesadillas</u></p> <p><u>Corn</u></p> <p><u>Bananas</u></p>	<p><u>Mozzarella Calzones</u></p> <p><u>Green Beans</u></p> <p><u>Oranges</u></p> 	<p><u>Southwest Mac &amp; Cheese</u></p> <p><u>Tossed Salad</u></p> <p><u>Peaches</u></p> 
19	20	21	22	23
<p><u>Veggie Nuggets</u></p> <p><u>WG Hot Dog Roll</u></p> <p><u>Broccoli Bites with Ranch Dressing</u></p> <p><u>Apple Slices</u></p>	<p><u>Baked Ziti</u></p> <p><u>Tossed Salad</u></p> <p><u>Mixed Fruit</u></p>	<p><u>Grilled Cheese</u></p> <p><u>Corn</u></p> <p><u>Bananas</u></p> 	<p><u>Sweet &amp; Sour Tofu</u></p> <p><u>Rice</u></p> <p><u>Stir Fry Vegetables</u></p> <p><u>Bananas</u></p> 	<p><u>Personal Pizza</u></p> <p><u>Tossed Salad</u></p> <p><u>Peaches</u></p> 
26	27	28	29	30
<p><u>Macaroni &amp; Cheese</u></p> <p><u>Apple Slices</u></p> <p><u>Peas</u></p> 	<p><u>Veggie Burgers</u></p> <p><u>Roasted Potatoes</u></p> <p><u>Mixed Fruit</u></p> <p><u>WG Breadsticks</u></p>	<p><u>Cheese Quesadillas</u></p> <p><u>Corn</u></p> <p><u>Bananas</u></p>	<p><u>Veggie Burgers</u></p> <p><u>WG Bun</u></p> <p><u>Peas &amp; Carrots</u></p> <p><u>Oranges</u></p>	<p><u>Veggie Nuggets</u></p> <p><u>Tossed Salad</u></p> <p><u>Peaches</u></p> 