



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

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 Charts

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Q: What did the ghost say on the 4th of July???</p> <p>A: Red, White, & BOO!</p>	<p>1</p> <p><u>Morning Star Veggie Burger</u> <u>WG Roll</u> <u>Corn</u> <u>Bananas</u></p>	<p>2</p> <p><u>Tony's Deep Dish WG Pizza</u> <u>Tossed Salad</u> <u>Oranges</u></p>	<p>3</p> <p><u>Cheese Quesadillas</u> <u>100% Cheddar – WG Tortilla</u> <u>Corn</u> <u>Peaches</u></p>
		<p>6</p> <p><u>Baked Mac & Cheese</u> <u>WG Pasta - 100% Cheddar</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 y/o 6oz per)</u> <u>Broccoli Bites</u> <u>with Ranch Dressing</u> <u>Apple Slices</u></p>	<p>7</p> <p><u>Morning Star Veggie Burger</u> <u>WG Roll</u> <u>Corn</u> <u>Mixed Fruit</u></p>	<p>8</p> <p><u>Cheese Quesadillas</u> <u>100% Cheddar – WG Tortilla</u> <u>Fajita Vegetable Mix</u> <u>Bananas</u></p>
<p>13</p> <p><u>Morning Star Veggie Nuggets</u> <u>(5 = 2oz M 1.5oz G)</u> <u>(3 = 1oz M .5oz G)</u> <u>Tossed Salad</u> <u>Apple Slices</u></p>	<p>14</p> <p><u>Morning Star Veggie Burger</u> <u>WG Roll</u> <u>Peas & Carrots</u> <u>Mixed Fruit</u></p>	<p>15</p> <p><u>Baked Ziti</u> <u>WG Penne Pasta—100% Cheddar</u> <u>Tomato Sauce - Mozzarella - Ricotta</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 y/o 6oz per)</u> <u>Carrots</u></p>	<p>16</p> <p><u>Baked Mac & Cheese</u> <u>WG Pasta - 100% Cheddar</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 you 6oz per)</u> <u>Stir Fry Vegetables</u> <u>Stir Fry Vegetables</u> <u>(Peas, Carrots, Broccoli, Peppers)</u> <u>Oranges</u></p>	<p>17</p> <p><u>Cheese Quesadillas</u> <u>100% Cheddar – WG Tortilla</u> <u>Tossed Salad</u> <u>Peaches</u></p>
<p>20</p> <p><u>Morning Star Veggie Burger</u> <u>WG Roll</u> <u>Mixed Vegetables</u> <u>Peaches</u></p>	<p>21</p> <p><u>Baked Ziti</u> <u>WG Penne Pasta—100% Cheddar</u> <u>Tomato Sauce - Mozzarella - Ricotta</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 y/o 6oz per)</u> <u>Green Beans</u> <u>Apple Slices</u></p>	<p>22</p> <p><u>Cheese Quesadillas</u> <u>100% Cheddar – WG Tortilla</u> <u>Corn</u> <u>Bananas</u></p>	<p>23</p> <p><u>Grilled Cheese Sandwich</u> <u>WG Bread - 100% Cheddar</u> <u>Mixed Vegetables</u> <u>Oranges</u></p>	<p>24</p> <p><u>WG Personal Pizza</u> <u>Tossed Salad</u> <u>Peaches</u></p> <div style="border: 1px solid red; padding: 5px; width: fit-content; margin: 10px auto;"> <p><u>1% Milk</u> <u>Is Served At</u> <u>Lunch Everyday</u> <u>Whole Milk Is Available</u> <u>For Students Age 1</u></p> </div>
<p>27</p> <p><u>Morning Star Veggie Nuggets</u> <u>(5 = 2oz M 1.5oz G)</u> <u>(3 = 1oz M .5oz G)</u> <u>Peas</u> <u>Apple Slices</u></p>	<p>28</p> <p><u>Morning Star Veggie Burger</u> <u>WG Roll</u> <u>Mashed Potatoes</u> <u>Mixed Fruit</u></p>	<p>29</p> <p><u>Baked Ziti</u> <u>WG Penne Pasta—100% Cheddar</u> <u>Tomato Sauce - Mozzarella - Ricotta</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 y/o 6oz per)</u> <u>Peas - Bananas</u></p>	<p>30</p> <p><u>Baked Mac & Cheese</u> <u>WG Pasta - 100% Cheddar</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 y/o 6oz per)</u> <u>Stir Fry Vegetables</u> <u>Stir Fry Vegetables</u> <u>Oranges</u></p> <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: 10px auto;"> <p><u>Menu Items Subject To Change</u> <u>Based On Availability</u></p> </div>	<p>31</p> <p><u>Cheese Quesadillas</u> <u>10% Cheddar – WG Tortilla</u> <u>Tossed Salad</u> <u>Peaches</u></p> <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: 10px auto;"> <p><u>Meal Changes Shall Be</u> <u>Written On The Posted Menu</u></p> </div>