



Chef Chipper's Early Learners Lunch Program



Vegetarian 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 <u>Baked Ziti</u> WG Penne Pasta—100% Cheddar Tomato Sauce - Mozzarella - Ricotta (1-2 y/o 4oz per) (3-5 you 6oz per) <u>Peaches</u> <u>Italian Mixed Veggie</u>	2 <u>Baked Mac & Cheese</u> WG Pasta - 100% Cheddar (1-2 y/o 4oz per) (3-5 you 6oz per) <u>Carrots</u> <u>Peaches</u> 
5 <u>Veggie Nuggets</u> (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) <u>Peas</u> <u>Pineapple</u>	 <u>MaxxStix (2per)</u> <u>Tossed Salad</u> <u>Mixed Fruit</u>	7 <u>Cheese Quesadillas</u> WG Flour Tortillas - 100% Cheddar <u>Carrots</u> <u>Bananas</u>	8 <u>Rice & Beans</u> WG Rice, Kidney Beans, Cheddar <u>Corn</u> <u>Oranges</u>	9 <u>Tony's Deep Dish WG Pizza</u> <u>Tossed Salad</u> <u>Peaches</u>
12 <u>Veggie Nuggets</u> (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) <u>Corn</u> <u>Peaches</u> 	13 <u>WG Mozzarella Calzone</u> <u>Tossed Salad</u> <u>Mixed Fruit</u>	14 <u>Cheese Quesadillas</u> WG Flour Tortillas - 100% Cheddar <u>Corn</u> <u>Bananas</u> 	15 <u>Baked Mac & Cheese</u> WG Pasta - 100% Cheddar (1-2 y/o 4oz per) (3-5 you 6oz per) <u>Peas</u> <u>Oranges</u> 	16 <u>Grilled Cheese</u> WG Pullman Bread - 100% Cheddar <u>Roasted Potatoes</u> <u>Peaches</u>
19 <u>Baked Ziti</u> WG Penne Pasta—100% Cheddar Tomato Sauce - Mozzarella - Ricotta (1-2 y/o 4oz per) (3-5 you 6oz per) <u>Peaches</u> <u>Peas</u>	20 <u>MaxxStixx (2per)</u> <u>Tossed Salad</u> <u>Mixed Fruit</u>	21 <u>Cheese Quesadillas</u> WG Flour Tortillas 100% Cheddar <u>Corn</u> <u>Bananas</u> <u>1% Milk</u> Is Served At Lunch Everyday. Whole Milk Is Available For Students Age 1	22 <u>Broccoli Chicken Alfredo</u> Pulled Chicken Breast - Steamed Broccoli WG Pasta - Creamy Alfredo Sauce <u>Green Beans</u> <u>Oranges</u>	23 <u>Veggie Nuggets</u> (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) <u>Tossed Salad</u> <u>Peaches</u>
26 <u>Roasted BBQ Chicken Bites</u> (5 = 2oz M) (3 = 1oz M) <u>WG Pullman Bread</u> <u>Peas</u> <u>Apple Slices</u> <u>Meal Changes Shall Be Written On The Posted Menu</u>	27 <u>WG Mozzarella Calzone</u> <u>Mixed Vegetables</u> <u>Mixed Fruit</u> <u>Menu Items Subject To Change Based On Availability</u>	28 <u>Cheese Quesadillas</u> WG Flour Tortillas 100% Cheddar <u>Green Beans</u> <u>Mixed Fruit</u> 	29 <u>Mozzarella Baked WG Ravioli</u> WG Cheese Ravioli - Mozzarella Cheese <u>Corn</u> <u>Oranges</u>	30 <u>Rice & Beans</u> WG Rice, Kidney Beans, Cheddar <u>Fajita Vegetable Mix</u> <u>Peaches</u> 