

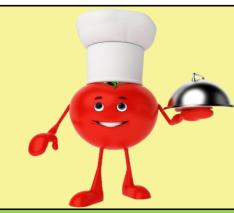


Soft Chicken Taco, Chilled Black

Bean & Corn Salad, 6" WG Tortilla

Shell, Shredded Lettuce/Diced

Tomatoes, Banana, Soy Milk



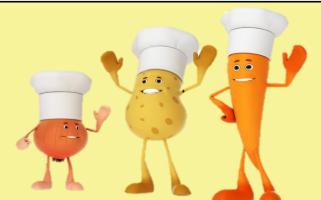
WG Macaroni & Beef, Mixed

Vegetables, Applesauce, Mustard Pc,

Soy Milk

January 2018

No Dairy / No Egg Menu



Brussel



How to Pick:

- -Brussels sprouts got their name from Brussels, Belgium, where they originated
- -One cup of cooked Brussels sprouts has 60 calories and provides vitamin C and A

Meal Pattern

Breakfast

Milk 3/4 cup
Fruit/Veg 1/2 cup
Grains 1/2 serving or
Meat (MA) 1/2 oz eq
Lunch



www.lintonsfoodservice.com

This institution is an equal opportunity Provider

			110 7 30 110 110		75 77
	Monday	Tuesday	Wednesday	Thursday	Friday
		Homemade Chili(T), Mixed Vegetables, WG Dinner Roll, Mandarin Oranges, Soy Milk	Turkey, WG Wheat Bread, Vegetable Alphabet Soup, Sliced Cinnamon Apples, Mustard PC, Soy Milk	Old McDonald Chicken (Chicken w/ Veggies), Brown Rice, Mandarin Oranges, Soy Milk	Cold Grilled Chicken Strips, 6" WG Tortilla, 3 Bean Salad, Applesauce, Soy Milk
	8	9	10	11	12
	BBQ Riblet, WG Bun, Stewed Tomatoes, Diced Apricots, Soy Milk	Latino Cultural Meal - Turkey Enchilada Bake (WG Tortilla), Chopped Salad w/ Cilantro Lime Dressing, Banana, Lorna Doone, Unflavored 1% or Whole Milk	Dairy Free Cheesesteak, WG Soft Roll, Banana, Cucumber Salad, Ketchup PC, Soy Milk	Ground Beef Florentine (Penne Pasta/Spinach/Dairy Free Cheese), Diced Peaches, Soy Milk	Roast Turkey - No Gravy, Sweet Potatoes, Roasted Brussel Sprouts, WG Dinner Roll, Soy Milk
	15	16	17	18	19
5	Chicken Caesar WG Wrap (No Cheese - Use Italian Dressing), Sliced Cucumbers, French Dressing, Applesauce, Soy Milk	Diced Chicken Dairy Free Cheesesteak, Soft Bun, Waffle Fries, Ketchup Pc, Diced Pears, Soy Milk	Chef Salad - Turkey, Turkey Ham, Shredded Dairy Free Cheese, Chopped Salad Mix, Diced Tomatoes, Pineapples, WG Dinner Roll, Italian Dressing, Soy Milk	Chicken Stir Fry, Peppers & Onion, Fried Brown Rice (No Egg), Applesauce, Soy Milk	Dairy Free Cheeseburger, WG Bun, Vegetarian Beans, Diced Pears, Ketchup Pc, Soy Milk
	22	23	24	25	26
	Tzatziki Turkey Pita, 1/2 WG Pita stuffed with Grilled Chicken, Cucumbers & Tomatoes topped with Italian Dressing, Applesauce, Soy Milk	Sweet & Sour Chicken, Asian Brown Rice, Oriental Blend Veg, Diced Pears, Soy Milk	Winterfest - Beef Cubes with Veggies (No Gravy), WG Dinner Roll, Baked Cherry Crisp, Unlfavored 1% or Whole Milk	WG Chicken Drummies(3), Corn, Banana, WG Dinner Roll, BBQ Sauce, Soy Milk	Hamburger, WG Bun, Chopped Salad, Diced Pears, Italian Dressing Pc, Soy Milk
	29	30	31	1	2

Chicken w/Sauce & Dairy Free

Cheese, WW Penne Pasta, Peas,

Citrus Salad, Soy Milk