

Harvest of the Month

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

<h1 style="color: red; text-align: center;">January 2018</h1> <h2 style="text-align: center;">No Dairy / No Egg Menu</h2>				
Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Homemade Chili(T), Mixed Vegetables, WG Dinner Roll, Mandarin Oranges, Soy Milk	3 Turkey, WG Wheat Bread, Vegetable Alphabet Soup, Sliced Cinnamon Apples, Mustard PC, Soy Milk	4 Old McDonald Chicken (Chicken w/ Veggies), Brown Rice, Mandarin Oranges, Soy Milk	5 Cold Grilled Chicken Strips, 6" WG Tortilla, 3 Bean Salad, Applesauce, Soy Milk
8 BBQ Riblet, WG Bun, Stewed Tomatoes, Diced Apricots, Soy Milk	9 Latino Cultural Meal - Turkey Enchilada Bake (WG Tortilla), Chopped Salad w/ Cilantro Lime Dressing, Banana, Lorna Doone, Unflavored 1% or Whole Milk	10 Dairy Free Cheesesteak, WG Soft Roll, Banana, Cucumber Salad, Ketchup PC, Soy Milk	11 Ground Beef Florentine (Penne Pasta/Spinach/Dairy Free Cheese), Diced Peaches, Soy Milk	12 Roast Turkey - No Gravy, Sweet Potatoes, Roasted Brussel Sprouts, WG Dinner Roll, Soy Milk
15 Chicken Caesar WG Wrap (No Cheese - Use Italian Dressing), Sliced Cucumbers, French Dressing, Applesauce, Soy Milk	16 Diced Chicken Dairy Free Cheesesteak, Soft Bun, Waffle Fries, Ketchup Pc, Diced Pears, Soy Milk	17 Chef Salad - Turkey, Turkey Ham, Shredded Dairy Free Cheese, Chopped Salad Mix, Diced Tomatoes, Pineapples, WG Dinner Roll, Italian Dressing, Soy Milk	18 Chicken Stir Fry, Peppers & Onion, Fried Brown Rice (No Egg), Applesauce, Soy Milk	19 Dairy Free Cheeseburger, WG Bun, Vegetarian Beans, Diced Pears, Ketchup Pc, Soy Milk
22 Tzatziki Turkey Pita, 1/2 WG Pita stuffed with Grilled Chicken, Cucumbers & Tomatoes topped with Italian Dressing, Applesauce, Soy Milk	23 Sweet & Sour Chicken, Asian Brown Rice, Oriental Blend Veg, Diced Pears, Soy Milk	24 Winterfest - Beef Cubes with Veggies (No Gravy), WG Dinner Roll, Baked Cherry Crisp, Unflavored 1% or Whole Milk	25 WG Chicken Drumsticks(3), Corn, Banana, WG Dinner Roll, BBQ Sauce, Soy Milk	26 Hamburger, WG Bun, Chopped Salad, Diced Pears, Italian Dressing Pc, Soy Milk
29 Soft Chicken Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla Shell, Shredded Lettuce/Diced Tomatoes, Banana, Soy Milk	30 WG Macaroni & Beef, Mixed Vegetables, Applesauce, Mustard Pc, Soy Milk	31 Chicken w/Sauce & Dairy Free Cheese, WW Penne Pasta, Peas, Citrus Salad, Soy Milk	1	2