

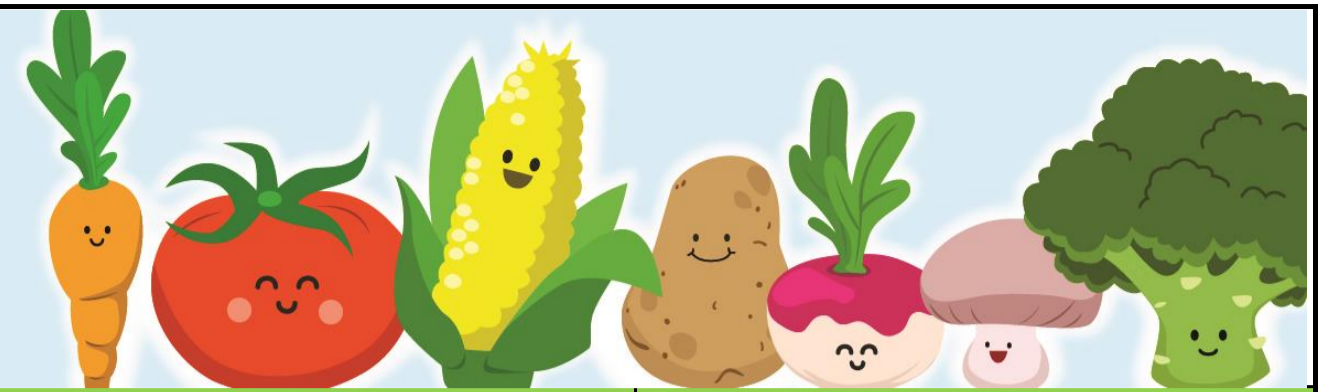


3 to 5 Years Old



LINTONS
Food Service Management

October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey & Cheese Roll Up, 6" WG Tortilla, Vegetable Soup, Applesauce, Mayo Pc, Unflavored 1% Milk	2 WW Penne Pasta w/ Meat sauce (T), Spinach, Diced Pears, Unflavored 1% Milk	3 Roast Beef Au Jus, Shredded Mozz Cheese, WG Bun, Romaine Salad, French Dressing, Blueberries, Unflavored 1% Milk	4 Sweet & Sour Diced Chicken, Fried Brown Rice, Oriental Blend Veg, Diced Peaches, Unflavored 1% Milk	5
8 Chicken Fajita, Fajita Blend Vegetables, Shredded Cheddar, 6" WG Tortilla, Pineapples, Unflavored 1% Milk	9 Italian Cultural Meal - Chicken Cacciatore, Brown Rice, Italian Green Beans, Applesauce, Unflavored 1% Milk 	10 Asian Chicken Wrap, Diced Chicken, Fresh Spinach, Shredded Carrots, Diced Cucumbers, Brown Rice, 6' Tortilla, Asian Dressing, Orange, Unflavored 1% Milk	11 Cheeseburger, WG Bun, Vegetarian Beans, Pineapples, Ketchup Pc, Unflavored 1% Milk	12
15 Chicken Alfredo, WG Macaroni, Broccoli, Diced Pears, Unflavored 1% Milk	16 Tangerine Chicken Lo Mein, Oriental Blend Vegetables, Tropical Fruit, Unflavored 1% Milk	17 Turkey Hoagie, WG Hot Dog Bun, Shredded Lettuce & Diced Tomatoes, Potato Salad, Banana, Mayo Pc, Unflavored 1% Milk	18 Fall Festival - Chili, WG Mini Corn Muffin, Pumpkin Mousse, Diced Pears, Unflavored 1% Milk 	19
22 Turkey ham & Cheese WG Pretzel Melt, Green Beans, Mustard Pc, Orange, Unflavored 1% Milk	23 BBQ Chicken Salad, BBQ Chicken, Chopped Romaine, Corn, Shredded Carrots, Mini WG Breadstick, Apricots, Ranch Pc, Unflavored 1% Milk	24 Toasted Cheese Sandwich, Tomato Soup, Mandarin Oranges, Unflavored 1% Milk	25 Tzatziki Chicken Pita, 1/2 Pita stuffed with Diced Chicken, Diced Cucumbers & Tomatoes, Topped with Tzatziki Dressing, Citrus Salad, Unflavored 1% Milk	26
29 Chicken Patty, WG Bun, Potato Salad, Applesauce, Mayo Pc, Unflavored 1% Milk	30 Beef Nachos, Refried Beans, Shredded Lettuce, Diced Tomatoes, Shredded Cheddar Cheese, WG Tortilla Chips, Pineapples, Unflavored 1% Milk	31 Build Your Own Chef Salad, Romaine Mix, Julienned Turkey & Turkey Ham, Sliced Cucumbers, Shredded Cheddar Cheese, Ranch Dressing, Mini WG Breadstick, Mandarin Oranges, Unflavored 1% Milk	1	2

LUNCH MEAL PATTERNS

- (1-2 yrs) Milk 1/2 Cup, Meat 1oz, Fruit/Veg 1/8 Cup each, Grain 1/2oz eq
- (3-5 yrs) Milk 3/4 Cup, Meat 1 1/2oz, Fruit/Veg 1/4 Cup Each, Grain 1/2oz eq
- (6-18 yrs) Milk 1 Cup, Meat 2oz, Fruit 1/2 Cup, Veggeis 1/4 Cup, Grain 1oz eq

This institution is an equal opportunity provider

