

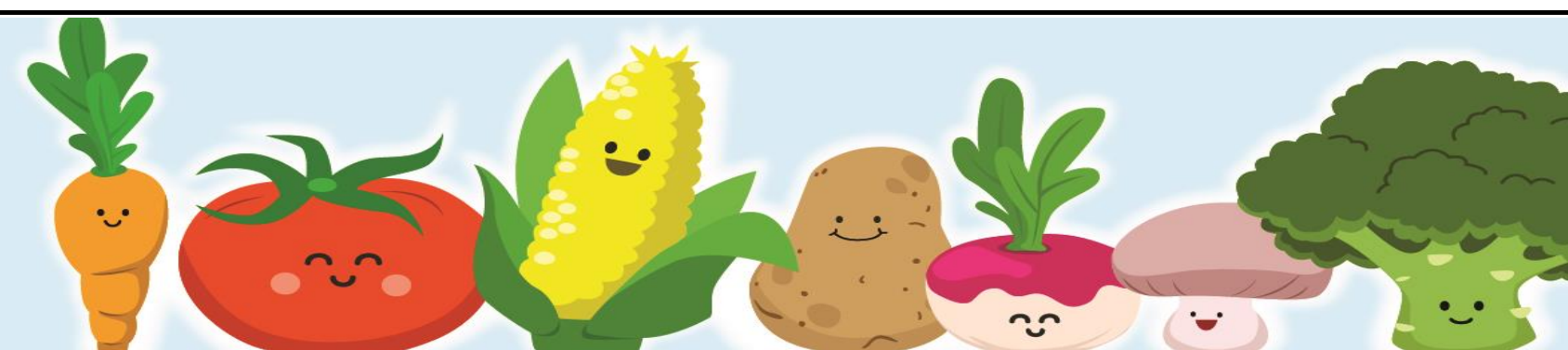


1 to 2 Years Old



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

