JEFFERY'S CATERING

COUNTRY WOODLAND SCHOOL
LUNCH MENU
May 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Country Woodland School Infants, Toddlers, 2s May Menu Served w/2% milk		1 1 oz Meatloaf 1 **WG** Corn Muffin (1 oz) 1/8 c Cheesy Mashed Potatoes 1/8 c **Honeydew** Diced ½ c Milk ***Veg: Black Bean Patty******	Asian 2 ¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c Brown **WG** Rice (½ oz grain) 1/8 c **Broccoli** w Ranch 1/8 c **Mandarin Oranges** ½ c Milk ***Veg: 2 Honey Glazed Chickenless Nuggets****	Make Your Own Pizza 3 ½ **WW** English Muffin 1 oz 2 TBSP Shredded Mozzarella Cheese 1 oz String Cheese 1/8 c Marinara Sauce **(Hot)** 1/8 c **Spinach Salad** w Italian 1/8 c **Fresh Fruit Salad** (Honeydew, Cantaloupe, Pineapple) ½ c Milk ***Veg: Same***
	6 1 Chicken Tenders 1 **WG** Wheat Roll (1 oz) 1/8 c **Glazed Carrots** 1/8 c **Apple Slices** ½ c Milk ***Veg: 2 Chickenless Nuggets****	7 2 oz CN Hamburger Patty 1 **WG** Bun (1.8 oz) ¼ c **Spinach Salad** w Ranch 1/8 c **Cantaloupe** ½ c Milk ***Veg: Vegetarian Black Bean Burger****	8 ½ c Macaroni & Cheese *¼ oz Cheese; ¼ c **WG** Noodles ½ oz* 1/8 c Cole Slaw 1/8 c **Mandarin Orange** ½ c Milk ***Veg: Same***	9 1/3 c Beef Picadillo #12 1 oz meat ¼ c **WG** Rice (½ oz Grain) 1/8 c **Broccoli** w Creamy Italian Dip 1/8 c **Pears** ½ c Milk ***Veg: 1 Lasagna Roll - Up***	10 1 Cheese Manicotti (2.75oz) w Tomato Basil (1 ½ oz cheese 2 oz **WG** grain) **+20 serving** ¼ c **Romaine Salad** w Ranch 1/8 c **Fresh Fruit Salad** (Honeydew, Cantaloupe, Pineapple) ½ c Milk ***Veg: Same***
	13 2 Meatballs (1oz) with Marinara Sauce **+20 serving** ¼ **WG** Penne (1/2oz) PC Parmesan Cheese 1/8 c **Steamed Carrots** w Veggie Dip 1/8 c **Applesauce** ½ c Milk ***Veg: 2 Veggie Meatballs***	Mediterranean 14 1/8 c Seasoned Chicken Strips (1 oz) ½ **WG** Pita (1 oz) 1 Tbsp Hummus 1/8 c **Petite Broccoli** w Italian 1/8 c **Tropical Fruit Salad** ½ c Milk ***Veg: ¼ c Chickpeas***	15 ¼ c Beef & **Bean** Chili *1 oz meat/meat alternate* 1 oz Cornbread ¼ c **Romaine** with Ranch 1/8 c **Mandarin Oranges** ½ c Milk ***Veg: Vegetarian Chili***	16 3 oz **WG** Fish Fillet (1.5 oz M/MA) ¼ c Bolivian Rice (½ oz Grain) ¼ c **Spinach Salad** w Italian 1/8 c **Strawberries** ½ c Milk ***Veg: 4 oz Yogurt***	Make Your Own Burrito 17 ¼ c **Black Beans** & 1/8 c Monterrey Cheese 1-6 in **WW** Tortilla (1 oz) PC Mild Salsa ¼ c Shredded **Lettuce** 1/8 c **Pineapple** ½ c Milk ***Veg: Same***
	Italian 20 1 Chicken Tenders 1 oz PC Marinara Sauce 1 **WG** Breadstick (1.2 oz) 1/8 c Steamed **Baby Carrots** 1/8 c **Applesauce** ½ c Milk ***Veg: 1 Chix Tenders***	21 ½ c Beef & Macaroni Pasta Bake #8 • *2 oz beef, ¼ c **WG** noodles(½ oz)* 1/8 c **Broccoli** w Ranch 1/8 c **Pineapple** ½ c Milk ***Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick***	22 1 Chicken Tender 1 oz **WG** Corn Muffin 1/8 c Cole Slaw 1/8 c **Honeydew** ½ c Milk ***Veg: 2 Chickenless Nuggets***w Ketchup***	Make Your Own Taco 23 ¼ c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1 oz WG Tortilla ¼ c **Shredded Lettuce** PC Salsa ¼ **Banana** ½ c Milk ***Veg: ¼ c Black Beans***	24 ½ c Macaroni & Cheese • *¼ oz Cheese; ¼ c **WG** Noodles ½ oz* ¼ c Vegetarian **Baked Beans** ¼ c **Spinach** Salad w Italian 1/8 c **Peaches** ½ c Milk ***Veg: Same***
		28 ½ Chicken Patty • *1 oz Chicken* 1 **WG** Bun (1.8 oz) 1/8 c **Three Bean Salad** 1/8 c **Tropical Fruit Salad** ½ c Milk ***Veg: Black Bean Patty****	29 1 oz Meatloaf 1 **WG** Corn Muffin (1 oz) 1/8 c Cheesy Mashed Potatoes 1/8 c **Strawberries** ½ c Milk ***Veg: Black Bean Patty****	Asian 30 ¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c Brown **WG** Rice (½ oz grain) 1/8 c **Broccoli** w Ranch 1/8 c **Mandarin Oranges** ½ c Milk ***Veg: 2 Honey Glazed Chickenless Nuggets****	Make Your Own Pizza 31 ½ **WW** English Muffin 1 oz 2 TBSP Shredded Mozzarella Cheese 1 oz String Cheese 1/8 c Marinara Sauce **(Hot)** 1/8 c **Spinach Salad** w Italian 1/8 c **Fresh Fruit Salad** (Honeydew, Cantaloupe, Pineapple) ½ c Milk ***Veg: Same***

Head Start & USDA are equal opportunity providers & employers

Fresh Fruit to include seasonal rotation of fruits available to include – plums, pears, peaches, berries

M.R.Mallette, RDN, CDM, CFPP 7-31-18