

# ELC LUNCH MENU

WEEK:	DATES:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1		Baked Chicken Lima Beans Sweet Potato Patties Fresh Fruit	Baked Fish Filet Steamed Broccoli Corn Whole Wheat Bread Fresh Fruit	Sliced Ham Vegetable Medley Baked Beans Whole Wheat Bread Fresh Fruit	Vegetable Lasagna Whole Wheat Garlic Bread Fresh Fruit	Turkey Burger on Whole Wheat Bun Baked French Fries Fresh Fruit
2		Sliced Turkey Sweet Potato Patties Broccoli Fresh Fruit	Baked Fish Filet Brown Rice Vegetable Medley Fresh Fruit	Chicken Alfredo Sauce w/ Whole Wheat Rotini Green Beans Fresh Fruit	Creamed Chicken w/ Brown Rice Cranberry Sauce Green Peas Applesauce	Italian Pizza Salad w/ Dressing Fresh Fruit
3		Sloppy Joe Turkey Sandwiches on Whole Wheat Bun Corn Fresh Fruit	Baked Macaroni & Cheese Stewed Tomatoes Pinto Beans Baked Apples	Baked Chicken Tenders Glazed Carrots Mashed Potatoes Applesauce	Taco Salad w/ Ground Turkey Whole Grain Tortilla Chips Fresh Fruit	Turkey Roll-Up or Sandwich Carrot Sticks w/ Ranch Dressing Fresh Fruit
4		Turkey Meatloaf Peas & Carrots Creamed Potatoes Fresh Fruit	Salmon Patties Brown Rice Broccoli Fresh Fruit	Ground Turkey in Tomato Sauce over Whole Wheat Spaghetti Salad w/ Dressing Applesauce	Barbeque Chicken on Whole Wheat Bun Baked Sweet Potato Fries Fresh Fruit	Chicken Crisпитos w/ Sour Cream & Salsa Corn on the cob Fresh Fruit
5		Italian Pizza Baked French Fries Fresh Fruit	Baked Chicken Tenders Black Eyed Peas Steamed Carrots Whole Wheat Bun Fresh Fruit	Turkey Sausage Scrambled Eggs Cheese Grits Whole Wheat Toast Stewed Apples w/ Cinnamon	Baked Fish Filet Brown Rice Pilaf Green Beans Fresh Fruit	Chicken Quesadilla w/ Salsa Corn Fresh Fruit

- FRESH FRUITS WILL BE SERVED WHEN POSSIBLE (bananas, apples, pears, oranges, pineapples, strawberries, melons). IF CANNED FRUITS ARE SERVED, FRUITS WILL BE IN THEIR OWN OR LIGHT SYRUP AND WILL BE RINSED BEFORE SERVING.
- CHILDREN 12 TO 24 MONTHS WILL BE SERVED WHOLE MILK, CHILDREN 2 & OLDER WILL BE SERVED 2% OR SKIM MILK.
- CHILDREN TOO YOUNG TO EAT SALADS OR RAW VEGETABLES WILL BE SERVED A COOKED VEGETABLE INSTEAD.
- SWEETENED BEVERAGES WILL NOT BE SERVED.