



Lunch Menu – 17.18 Winter

Drinks: Lemonade, Hot Chocolate, Water

Snacks:

Cut Fruit: Apple, Orange, Banana

Veggie: Carrot and Celery

Cookie:* Sugar, Oatmeal, Chocolate Chip

*May contain traces of tree nuts.

Monday

Nachos Grande

Macaroni & Cheese

Fruit or Jell-O Cup

Tuesday

Chicken and Dumplings

Mashed Potatoes & Gravy

Fruit or Jell-O Cup

Wednesday

Sloppy Joe

French Fries

Fruit or Jell-O Cup

Thursday

Fish Sandwich

Macaroni & Cheese

Fruit or Jell-O Cup

Friday

Open Face Turkey Sandwich

Mashed Potatoes & Gravy

Fruit or Jell-O Cup

Saturday

Chicken Nuggets

Macaroni & Cheese

Fruit or Jell-O Cup

Sunday

Grilled Chicken Strips

Mashed Potatoes & Gravy

Fruit or Jell-O Cup

NOTE:

Vegetarian option: Remove meat option from day's meal or Grilled Cheese Sandwich, with side dish. **

Gluten free option: Hotdog without bun & gluten free kettle chips**

*Low attendance days, program may substitute lunch with Grilled Cheese Sandwich or Pepperoni/Cheese Pizza.

If food is a major concern for your child, a packed lunch may best accommodate their needs.

