



Child Care Lunch Menu – 2017

	Week 1	Week 2	Week 3	Week 4	Week 5
Monday	Chicken Stir-Fry Rice Fruit Salad	Rotini with meat sauce Bun Garden Salad Fresh Fruits	Chicken Stir-Fry Rice Fruit Salad	Chicken Breast Mashed Potatoes Peas Apple Sauce	Lasagna Bun Garden Salad Fruit Salad
	Veg. Opt. Tofu Stir-Fry	Rotini with Tomato Tofu Sauce	Tofu Stir-Fry	Bean and Cheese Burrito	Vegetarian Lasagna with Tofu
Tuesday	Meatballs (5) Noodles Green Beans Zucchini Bread	Chicken Fingers (3) Steamed Potatoes Row Veggies Apple sauce	Veg & Tofu Quiche Garden Salad Yogurt	Spaghetti & Meat Sauce Bun Garden Salad Yogurt	Chicken Fajita Rice Apple Sauce
	Veg. Opt. Vegetarian Meatballs with tomato sauce	Very Mild Vegetarian Chili	Same as above	Spaghetti with Tofu Tomato Sauce	Vegetarian Fajita
Wednesday	Chicken Fajita Rice Yogurt	Meat Ravioli Bun Garden Salad Yogurt	Chicken Fingers (3) Steamed Potatoes Hot Vegetables Apple Sauce	Meatballs (5) Steamed Potatoes Hot Vegetables Fruit Salad	
	Veg. Opt. Vegetarian Fajita	Cheese Ravioli	Vegetarian Burger	Vegetarian Meatballs with Tomato Sauce	Same as above
Thursday	Macaroni with Meat Sauce Bun Raw Veggies Apple sauce	Chicken Pot-Pie Hot Vegetables Fresh Fruit	Macaroni with Cheese Sauce Bun Mexican Bean Salad Zucchini Bread	Chicken Pot Pie Green Beans Banana Bread	Spaghetti & Meat Sauce Bun Garden Salad Carrot Bread
	Veg. Opt. Macaroni with Tomato Tofu Sauce	Tofu hot Pie	Same as above	Tofu Pot Pie	Spaghetti with Tofu & Tomato Sauce
Friday	French Carrot Soup Turkey Wrap Fresh Fruit	Vegetable Rice Soup Hummus & Cucumber Sandwich Carrot Bread	Potato Leek Soup Chicken Salad Sandwich Fresh Fruit	French Carrot Soup Turkey Sandwich Fresh Fruit	Vegetable Rice Soup Chicken Salad Sandwich Yogurt
	Veg. Opt. Hummus & Cucumber Sandwich	Same as above	Cheese Sandwich	Hummus & Cucumber Sandwich	Cream Cheese Sandwich

“Veg. Opt.” : Vegetarian Options