





## Lunch – February, 2019

<p>~This menu is designed for children age 12+ months</p>	<p>Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p>	 <p>Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch</p>		<p>2/1 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>2/4 Power veggie beef &amp; chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>2/5 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>2/6 +Dirty brown rice with beef, vegetables,quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>2/7 Black bean, corn, &amp; chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>2/8 *Lasagna Tossed salad Fresh fruit</p>
<p>2/11 +Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>2/12 Chicken chili Broccoli &amp; cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>2/13 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>2/14 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>2/15 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>2/18 ***** CLOSED FOR PRESIDENT'S DAY *****</p>	<p>2/19 Turkey sloppy joe Corn &amp; edamame +Whole wheat roll Fresh fruit</p>	<p>2/20 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>2/21 Maryland-style chicken Sugar snaps &amp; carrots +Whole wheat bread/butter Fresh fruit</p>	<p>2/22 +*Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>2/25 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>2/26 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>2/27 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit</p>	<p>2/28 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit</p>	

\*Vegetarian meal  
+Whole grain




## Lunch – March, 2019

<p>~This menu is designed for children age 12+ months</p>	<p>Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p>	 <p>Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch</p>		<p>3/1 *Beans &amp; Brown rice Tossed salad +Tortilla Fresh fruit</p>
<p>3/4 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>	<p>3/5 *Broccoli quiche Peas +Whole wheat bread/butter Fresh fruit</p>	<p>3/6 +Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>3/7 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>3/8 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>3/11 Power veggie beef &amp; chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>3/12 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>3/13 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>3/14 Black bean, corn, &amp; chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>3/15 *Lasagna Tossed salad Fresh fruit</p>
<p>3/18 +Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>3/19 Chicken chili Broccoli &amp; cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>3/20 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>3/21 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>3/22 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>3/25 Turkey sloppy joe Corn &amp; edamame +Whole wheat roll Fresh fruit</p>	<p>3/26 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>3/27 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>3/28 Maryland-style chicken Sugar snaps &amp; carrots +Whole wheat bread/butter Fresh fruit</p>	<p>3/29 +*Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>

\*Vegetarian meal  
+Whole grain



## Lunch – April, 2019

4/1 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	4/2 +*Whole grain pizza Garden salad Fresh fruit	4/3 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit	4/4 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	4/5 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
4/8 Chicken Alfredo with tri-color pasta Salad Fresh fruit	4/9 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit	4/10 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	4/11 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	4/12 *Quiche Peas +Whole wheat bread/butter Fresh fruit
4/15 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	4/16 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	4/17 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	4/18 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	4/19 *Lasagna Tossed salad Fresh fruit
4/22 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	4/23 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	4/24 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	4/25 Hamburger slider Bean medley +Whole wheat roll Fresh fruit	4/26 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit
4/29 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	4/30 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	~This menu is designed for children age 12+ months	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider	 <p>Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch</p>

\*Vegetarian meal  
+Whole grain




## Lunch – May, 2019

<p>~This menu is designed for children age 12+ months</p>	<p>Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p>	<p>5/1 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>5/2 Maryland-style chicken Sugar snaps &amp; carrots +Whole wheat bread/butter Fresh fruit</p>	<p>5/3 +*Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>5/6 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>5/7 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>5/8 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit</p>	<p>5/9 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit</p>	<p>5/10 *Beans &amp; Brown rice Tossed salad +Tortilla Fresh fruit</p>
<p>5/13 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>	<p>5/14 *Broccoli quiche Peas +Whole wheat bread/butter Fresh fruit</p>	<p>5/15 +Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>5/16 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>5/17 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>5/20 Power veggie beef &amp; chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>5/21 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>5/22 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>5/23 Black bean, corn, &amp; chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>5/24 *Lasagna Tossed salad Fresh fruit</p>
<p>5/27 ***** CLOSED FOR MEMORIAL DAY *****</p>	<p>5/28 +Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>5/29 Chicken chili Broccoli &amp; cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>5/30 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>5/31 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>

\*Vegetarian meal  
+Whole grain



## Lunch – June, 2019

6/3 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	6/4 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	6/5 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit	6/6 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	6/7 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
6/10 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	6/11 +*Whole grain pizza Garden salad Fresh fruit	6/12 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit	6/13 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	6/14 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
6/17 Chicken Alfredo with tri-color pasta Salad Fresh fruit	6/18 *Quiche Peas +Whole wheat bread/butter Fresh fruit	6/19 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	6/20 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	6/21 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
6/24 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	6/25 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	6/26 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	6/27 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	6/28 *Lasagna Tossed salad Fresh fruit
		~This menu is designed for children age 12+ months	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider	 <p>Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch</p>

\*Vegetarian meal

+Whole grain




## Lunch – July, 2019

7/1 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	7/2 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	7/3 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	7/4 ***** CLOSED FOR INDEPENDENCE DAY *****	7/5 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit
7/8 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	7/9 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	7/10 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit	7/11 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	7/12 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
7/15 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	7/16 +*Whole grain pizza Garden salad Fresh fruit	7/17 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit	7/18 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	7/19 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
7/22 Chicken Alfredo with tri-color pasta Salad Fresh fruit	7/23 *Broccoli quiche Peas +Whole wheat bread/butter Fresh fruit	7/24 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	7/25 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	7/26 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
7/29 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	7/30 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	7/31 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	~This menu is designed for children age 12+ months	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

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+Whole grain




## Lunch – August, 2019

<p>~This menu is designed for children age 12+ months</p>	<p>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p>	 <p>Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch</p>	<p>8/1 Black bean, corn, &amp; chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>8/2 *Lasagna Tossed salad Fresh fruit</p>
<p>8/5 +Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>8/6 Chicken chili Broccoli &amp; cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>8/7 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>8/8 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>8/9 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>8/12 Turkey sloppy joe Corn &amp; edamame +Whole wheat roll Fresh fruit</p>	<p>8/13 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>8/14 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>8/15 Maryland-style chicken Sugar snaps &amp; carrots +Whole wheat bread/butter Fresh fruit</p>	<p>8/16 +*Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>8/19 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>8/20 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>8/21 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit</p>	<p>8/22 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit</p>	<p>8/23 *Beans &amp; Brown rice Tossed salad +Tortilla Fresh fruit</p>
<p>8/26 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>	<p>8/27 *Quiche Peas +Whole wheat bread/butter Fresh fruit</p>	<p>8/28 +Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>8/29 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>8/30 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>

\*Vegetarian meal  
+Whole grain



## Lunch – September, 2019

<p>9/2 ***** CLOSED FOR LABOR DAY *****</p>	<p>9/3 Power veggie beef &amp; chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>9/4 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>9/5 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>9/6 *Lasagna Tossed salad Fresh fruit</p>
<p>9/9 +Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>9/10 Chicken chili Broccoli &amp; cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>9/11 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>9/12 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>9/13 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>9/16 Turkey sloppy joe Corn &amp; edamame +Whole wheat roll Fresh fruit</p>	<p>9/17 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>9/18 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>9/19 Maryland-style chicken Sugar snaps &amp; carrots +Whole wheat bread/butter Fresh fruit</p>	<p>9/20 +*Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>9/23 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>9/24 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>9/25 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit</p>	<p>9/26 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit</p>	<p>9/27 *Beans &amp; Brown rice Tossed salad +Tortilla Fresh fruit</p>
<p>9/30 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>		<p><i>-This menu is designed for children age 12+ months</i></p>	<p><i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i></p>	 <p>Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch</p>

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