



TOTS LUNCH MENU



UNFLAVORED WHOLE MILK 3.25% FAT CONTENT (AGES 1-2)
UNFLAVORED SKIM MILK-0% FAT CONTENT(AGES:2 AND UP)
LACTOSE-FREE MILK 1% (AGES: 2 AND UP)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN AND BROCCOLI ² STEAMED RICE GREEN BEANS APPLESAUCE WG DINNER ROLL	CHICKEN MEATBALLS ³ MASHED POTATOES BROCCOLI BANANA WG WHEAT BREAD	MACARONI & CHEESE ⁴ GREEN PEAS DICED TROPICAL FRUIT WG WHEAT BREAD	BEEF TACOS ⁵ SHREDDED CHEDDAR CHEESE SPANISH RICE DICED CARROTS DICED PEARS WG SOFT FLOUR TORTILLA	CHICKEN PARMESAN- ⁶ NOODLES CAULIFLOWER DICED MELON MIX WG WHEAT BREAD
CLOSED ⁹	TERYAKI CHICKEN MEATBALLS ¹⁰ STEAMED RICE GREEN BEANS BANANA WG WHEAT BREAD	CHICKEN TACO ¹¹ SHREDDED CHEDDAR CHEESE REFRIED BEANS BROCCOLI DICED TROPICAL FRUIT WG SOFT FLOUR TORTILLA	VEGETARIAN BEAN CHILI ¹² ROTINI PASTA GREEN PEAS DICED PEARS WG CORN BREAD	CHEESE RAVIOLI ¹³ CAULIFLOWER DICED MELON MIX WG WHEAT BREAD
CHEESY POTATO & TURKEY- ¹⁶ HAM CASSEROLE GREEN BEANS APPLESAUCE WG DINNER ROLL	CHICKEN ALFREDO ¹⁷ ROTINI PASTA SAUTEED CABBAGE BANANA WG WHEAT BREAD	CHEESY BEEF TACO RICE ¹⁸ GREEN PEAS DICED TROPICAL FRUIT WG SOFT FLOUR TORTILLA	MACARONI & CHEESE ¹⁹ DICED CARROTS DICED PEARS WG WHEAT BREAD	BBQ PULLED CHICKEN ²⁰ RAINBOW POTATOES GREEN BEANS DICED MELON MIX WG BUN
ZITI PASTA W/CHICKEN ²³ DICED CARROTS APPLESAUCE WG DINNER ROLL	BEEFY MEAT SAUCE ²⁴ SPAGHETTI NOODLES BROCCOLI BANANA WG WHEAT BREAD	TURKEY & COUNTRY GRAVY ²⁵ MASHED POTATOES GREEN BEANS DICED TROPICAL FRUIT WG WHEAT BREAD	CHEESY CHICKEN FAJITA- ²⁶ SKILLET SPANISH RICE CAULIFLOWER DICED PEARS WG SOFT FLOUR TORTILLA	BEEFY SLOPPY JOE ²⁷ BAKED FRENCH FRIES BUTTERNUT SQUASH DICED MELON MIX WG BUN

OUR CHICKEN & BEEF ARE 100% NATURAL, NO ARTIFICIAL INGREDIENTS, NO ARTIFICIAL COLORS, NO PRESERVATIVES.

MENU PROVIDED BY QUALITY CATERING APPROVED BY RANA AHMAD, MS RDN LDN

MENUS ARE SUBJECT TO CHANGE

*MILK IS SERVED DAILY WITH BREAKFAST & LUNCH

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