

October LUNCH MENU: SSPC 1-2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Teri-Yaki Diced Chicken (1 oz) Fried Brown Rice (1/4 c) Mixed Veggies (1/8 c) Chopped Cantaloupe * (1/8 c)	Whole Grain Spag (1 oz) (1/2 c) w/ ground turkey (1 oz) Tomato Sauce (1/8 c) Mashed Broccoli (1/8 c) Chopped Honeydew melon * (1/8 c)	Diced Grilled Chicken (1 oz) Green Peas (1/8 c) Chopped Cantaloupe * (1/8 c) Whole Grain Wheat Bread (1/2 sl)	Chopped Baked Chicken (1 oz) Mashed Carrots (1/8 c) Green Beans (1/8 c) Chopped Watermelon * (1/8 c) Whole Grain Wheat Bread (1/2 sl)	Diced Turkey Burger (1 oz) Baked Beans (Veggie) (1/8 c) Guava & Pineapple (1/8 c) Whole Grain Wheat Bread (1 sl)
Milk (4 oz)	Milk (4 oz)	Milk (4 oz)	Milk (4 oz)	Milk (4 oz)
8	9	10	11	12
Taco w/ Ground Turkey and Diced Tomato (1 oz) Mexican Brown Rice (1/4 c) Tomato Sauce (1/8 c) Mandarin Orange Slices (1/8 c)	Hawaiian Chicken (1 oz) Fried Brown Rice (1/4 c) Onion (1/16c) Mashed Broccoli (1/8 c) Mandarin Orange Slices (1/8 c)	Cheese Pizza (1.5 oz) Mozzarella Cheese (1.5 oz) Pizza Sauce (1/8 c) Whole Wheat Pizza Crust (1 oz) Mixed Veggies (1/8 c) Chopped Watermelon * (1/8 c)	Diced Chicken Tenders (1 oz) Brown Rice(yellow recipe) (1/4 c) Mashed Carrots (1/16c) Chopped Honeydew melon * (1/8 c)	BBQ Chicken Sandwich (1 oz) Baked Beans (Veggie) (1/8 c) Chopped Cantaloupe * (1/8 c) Whole Grain Wheat Bread (1 sl)
Milk (4 oz)	Milk (4 oz)	Milk (6 oz)	Milk (4 oz)	Milk (4 oz)
15	16	17	18	19
Macaroni & Cheese(1 oz) Whole Grain Penne Pasta (1/2 c) Green Peas (1/8 c) Pineapple Chunks (1/8 c)	Sloppy Joe with Ground Turkey (1 oz) Tomato Joe Sauce (1/8 c) Green Beans (1/8 c) Chopped Honeydew melon * (1/8 c) Whole Grain Wheat Bread (1 sl)	Diced Fajita Chicken (1 oz) Brown Rice(yellow recipe) (1/4 c) Diced Green Pepper (1/16 c) Diced Onion (1/16 c) Diced Tomato (1/16 c) Chopped Watermelon * (1/8 c)	Whole Grain Spag (1 oz) (1/2 c) w/ ground turkey (1 oz) Tomato Sauce (1/8 c) Mashed Broccoli (1/8 c) Chopped Cantaloupe * (1/8 c)	Diced Chicken Patty Sand (1 oz) Potato Wedges (1/8 c) Baked Apple Slices (1/8 c) Whole Grain Wheat Bread (1 sl)
Milk (4 oz)	Milk (4 oz)	Milk (4 oz)	Milk (4 oz)	Milk (4 oz)
22	23	24	25	26
Chili Mac with Ground Turkey (1/2 c) Whole Grain Penne Pasta (1/2 c) Tomato Sauce (1/8 c) Mashed Broccoli (1/8 c) Pineapple Chunks (1/8 c)	Teri-Yaki Diced Chicken (1 oz) Fried Brown Rice (1/4 c) Mixed Veggies (1/8 c) Chopped Cantaloupe * (1/8 c)	Chopped Baked Chicken (1 oz) Chopped Roasted Potatoes (1/8 c) Mashed Carrots (1/8 c) Chopped Honeydew melon * (1/8 c) Whole Grain Wheat Bread (1/2 sl)	Diced Lemon Chicken (1 oz) Brown Rice(yellow recipe) (1/4 c) Seasoned Chick Pea Mash (1/8 c) Chopped Watermelon * (1/8 c)	Chicken Salad Sandwich (1 oz) Potato Wedges (1/8 c) Cinnamon Apple Slices (1/8 c) Whole Grain Wheat Bread (1 sl)
Milk (4 oz)	Milk (4 oz)	Milk (4 oz)	Milk (4 oz)	Milk (4 oz)
29	30	31		
Diced Turkey Burger (1 oz) Baked Beans (Veggie) (1/8 c) Guava & Pineapple (1/8 c) Whole Grain Wheat Bread (1 sl)	Chopped Baked Chicken (1 oz) Mashed Carrots (1/8 c) Green Beans (1/8 c) Chopped Watermelon * (1/8 c) Whole Grain Wheat Bread (1/2 sl)	Cheese Pizza (1.5 oz) Mozzarella Cheese (1.5 oz) Pizza Sauce (1/8 c) Whole Wheat Pizza Crust (1 oz) Mixed Veggies (1/8 c) Chopped Cantaloupe * (1/8 c)		
Milk (4 oz)	Milk (4 oz)	Milk (6 oz)		

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 1-2 year old 4 fluid ounces whole unflavored milk; 3-5 year old 6 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

* Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come); Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Bowie Produce, Landover MD