| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  | 1 | 2 |
| THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS <br> SHG is an equal opportunity provider. | Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges |  | Gluten, Dairy \& Egg Free Grilled Chicken Strips 2 oz w/ Enriched Whole Grain Rice $1 / 4 \mathrm{C}$ Fresh or Cooked Vegetable Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Enriched Whole Grain Pasta w/ Marinara Sauce $1 / 2 \mathrm{C}$ Fresh or Cooked Vegetable Fresh or Chilled Fruit |
| 5 | 6 | 7 | 8 | 9 |
| Gluten, Dairy \& Egg Free - <br> Whole Grain Chicken Tenders 3 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Sliced Turkey Sandwich Fresh or Cooked Vegetable Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Enriched Whole Grain Pasta w/ Marinara Sauce $1 / 2 \mathrm{C}$ Fresh or Cooked Vegetable Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Whole Grain Chicken Nuggets 4 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Grilled Chicken Fajita Strips 2 oz w/ Enriched Whole Grain Rice $1 / 4 \mathrm{C}$ Fresh or Cooked Vegetable Fresh or Chilled Fruit |
| 12 | 13 | 14 | 15 | 16 |
| Gluten, Dairy \& Egg Free Whole Grain Chicken Tenders 3 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Enriched Whole Grain Pasta w/ Marinara Sauce $1 / 2 \mathrm{C}$ Fresh or Cooked Vegetable Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Grilled Chicken Strips 2 oz w/ Enriched Whole Grain Rice $1 / 4 \mathrm{C}$ Fresh or Cooked Vegetable Fresh or Chilled Fruit | "Breakfast For Lunch" Gluten, Dairy \& Egg Free Waffles 2 ea Turkey Sausage Patty 1 ea Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Whole Grain Chicken Nuggets 4 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit |
| 19 | 20 | 21 | 22 | 23 |
| Presidents <br> Day Holiday | Gluten, Dairy \& Egg Free Whole Grain Chicken Tenders 3 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Grilled Chicken Strips 2 oz w/ Enriched Whole Grain Rice $1 / 4 \mathrm{C}$ Fresh or Cooked Vegetable Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Enriched Whole Grain Pasta w/ Marinara Sauce $1 / 2 \mathrm{C}$ Fresh or Cooked Vegetable Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Sliced Turkey Sandwich Fresh or Cooked Vegetable Fresh or Chilled Fruit |
| 26 | 27 | 28 | 29 | All lunches served with age appropriate milk, either $1 \%$ or whole milk. <br> All meals conform to grain requirements of $1 / 2$ oz equivalent. |
| "Breakfast For Lunch" Gluten, Dairy \& Egg Free Waffles 2 ea Turkey Sausage Patty 1 ea Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Whole Grain Chicken Nuggets 4 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Enriched Whole Grain Pasta w/ Marinara Sauce $1 / 2 \mathrm{C}$ Fresh or Cooked Vegetable Fresh or Chilled Fruit | Gluten, Dairy \& Egg Free Sliced Turkey Sandwich Fresh or Cooked Vegetable Fresh or Chilled Fruit |  |

