





## Lunch – October, 2017

10/2 Chicken & tarragon w/whole wheat rotini Southwest salad Fresh fruit	10/3 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	10/4 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	10/5 Black bean, corn, & chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit	10/6 *Lasagna Tossed salad Fresh fruit
10/9 Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit	10/10 Chicken chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit	10/11 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	10/12 Hamburger slider Bean medley Roll Fresh fruit	10/13 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit
10/16 Turkey sloppy joe Corn & edamame Roll Fresh fruit	10/17 *Cheese melt Tomato alphabet soup Fresh fruit	10/18 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit	10/19 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit	10/20 *Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
10/23 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit	10/24 *Pizza Garden salad Fresh fruit	10/25 Chicken nuggets Potato soup Wheat bread/butter Fresh fruit	10/26 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit	10/27 *Beans & Rice Tossed salad Tortilla Fresh fruit
10/30 Pasta w/chicken sausage & butternut sauce Salad Fresh fruit	10/31 Broccoli Quiche Peas Whole wheat bread/butter 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.	 <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




## Lunch – November, 2017

<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.</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>	<p>11/1 Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>11/2 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash Wheat bread/butter Fresh fruit</p>	<p>11/3 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>11/6 Chicken &amp; tarragon w/whole wheat rotini Southwest salad Fresh fruit</p>	<p>11/7 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>11/8 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>11/9 Black bean, corn, &amp; chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit</p>	<p>11/10 *Lasagna Tossed salad Fresh fruit</p>
<p>11/13 Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit</p>	<p>11/14 Chicken chili Broccoli &amp; cheese salad Whole wheat bread/butter Fresh fruit</p>	<p>11/15 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>11/16 Hamburger slider Bean medley Roll Fresh fruit</p>	<p>11/17 THANKSGIVING DINNER Sliced turkey &amp; gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit</p>
<p>11/20 Turkey sloppy joe Corn &amp; edamame Roll Fresh fruit</p>	<p>11/21 *Cheese melt Tomato alphabet soup Fresh fruit</p>	<p>11/22 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit</p>	<p>11/23 ***** CLOSED FOR THANKSGIVING HOLIDAY *****</p>	<p>11/24 ***** CLOSED FOR THANKSGIVING HOLIDAY *****</p>
<p>11/27 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit</p>	<p>11/28 *Pizza Garden salad Fresh fruit</p>	<p>11/29 Chicken patty Tuscan bean and garlic soup Wheat bread/butter Fresh fruit</p>	<p>11/30 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit</p>	<p><i>~This menu is designed for children age 12+ months</i></p>

\*Vegetarian meal




## Lunch – December, 2017

<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.</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>~This menu is designed for children age 12+ months</p>		<p>12/1 *Beans &amp; Rice Tossed salad Tortilla Fresh fruit</p>
<p>12/4 Pasta w/chicken sausage &amp; butternut sauce Salad Fresh fruit</p>	<p>12/5 Quiche Peas Whole wheat bread/butter Fresh fruit</p>	<p>12/6 Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>12/7 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash Wheat bread/butter Fresh fruit</p>	<p>12/8 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>12/11 Chicken &amp; tarragon w/whole wheat rotini Southwest salad Fresh fruit</p>	<p>12/12 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>12/13 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>12/14 Black bean, corn, &amp; chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit</p>	<p>12/15 *Lasagna Tossed salad Fresh fruit</p>
<p>12/18 Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit</p>	<p>12/19 Chicken chili Broccoli &amp; cheese salad Whole wheat bread/butter Fresh fruit</p>	<p>12/20 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>12/21 Hamburger slider Bean medley Roll Fresh fruit</p>	<p>12/22 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit</p>
<p>12/25 ***** CLOSED FOR CHRISTMAS DAY HOLIDAY *****</p>	<p>12/26 Turkey sloppy joe Corn &amp; edamame Roll Fresh fruit</p>	<p>12/27 *Cheese melt Tomato alphabet soup Fresh fruit</p>	<p>12/28 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit</p>	<p>12/29 *Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>

\*Vegetarian meal




## Lunch – January, 2018

<p>1/1 ***** CLOSED FOR NEW YEARS DAY *****</p>	<p>1/2 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit</p>	<p>1/3 *Pizza Garden salad Fresh fruit</p>	<p>1/4 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit</p>	<p>1/5 *Beans &amp; Rice Tossed salad Tortilla Fresh fruit</p>
<p>1/8 Pasta w/chicken sausage &amp; butternut sauce Salad Fresh fruit</p>	<p>1/9 Broccoli Quiche Peas Whole wheat bread/butter Fresh fruit</p>	<p>1/10 Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>1/11 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash Wheat bread/butter Fresh fruit</p>	<p>1/12 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>1/15 ***** CLOSED FOR MLK JR. DAY *****</p>	<p>1/16 Chicken &amp; tarragon w/whole wheat rotini Southwest salad Fresh fruit</p>	<p>1/17 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>1/18 Black bean, corn, &amp; chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit</p>	<p>1/19 *Lasagna Tossed salad Fresh fruit</p>
<p>1/22 Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit</p>	<p>1/23 Chicken chili Broccoli &amp; cheese salad Whole wheat bread/butter Fresh fruit</p>	<p>1/24 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>1/25 Hamburger slider Bean medley Roll Fresh fruit</p>	<p>1/26 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit</p>
<p>1/29 Turkey sloppy joe Corn &amp; edamame Roll Fresh fruit</p>	<p>1/30 *Cheese melt Tomato alphabet soup Fresh fruit</p>	<p>1/31 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit</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.</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>

\*Vegetarian meal




## Lunch – February, 2018

		~This menu is designed for children age 12+ months	2/1 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit	2/2 *Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
2/5 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit	2/6 *Pizza Garden salad Fresh fruit	2/7 Chicken nuggets Potato soup Wheat bread/butter Fresh fruit	2/8 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit	2/9 *Beans & Rice Tossed salad Tortilla Fresh fruit
2/12 Pasta w/chicken sausage & butternut sauce Salad Fresh fruit	2/13 Quiche Peas Whole wheat bread/butter Fresh fruit	2/14 Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	2/15 Chicken leg w/ buttermilk gravy Zucchini & yellow squash Wheat bread/butter Fresh fruit	2/16 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
2/19 ***** CLOSED FOR PRESIDENT'S DAY *****	2/20 Chicken & tarragon w/whole wheat rotini Southwest salad Fresh fruit fruit	2/21 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	2/22 Black bean, corn, & chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit	2/23 *Lasagna Tossed salad Fresh fruit
2/26 Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit	2/27 Chicken chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit	2/28 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<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.</i>	 <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




## Lunch – March, 2018

<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.</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>	<p><i>~This menu is designed for children age 12+ months</i></p>	<p>3/1 Hamburger slider Bean medley Roll Fresh fruit</p>	<p>3/2 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit</p>
<p>3/5 Turkey sloppy joe Corn &amp; edamame Roll Fresh fruit</p>	<p>3/6 *Cheese melt Tomato alphabet soup Fresh fruit</p>	<p>3/7 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit</p>	<p>3/8 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit</p>	<p>3/9 *Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>3/12 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit</p>	<p>3/13 *Pizza Garden salad Fresh fruit</p>	<p>3/14 Chicken patty Tuscan bean and garlic soup Wheat bread/butter Fresh fruit</p>	<p>3/15 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit</p>	<p>3/16 *Beans &amp; Rice Tossed salad Tortilla Fresh fruit</p>
<p>3/19 Pasta w/chicken sausage &amp; butternut sauce Salad Fresh fruit</p>	<p>3/20 Broccoli Quiche Peas Whole wheat bread/butter Fresh fruit</p>	<p>3/21 Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>3/22 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash Wheat bread/butter Fresh fruit</p>	<p>3/23 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>3/26 Chicken &amp; tarragon w/whole wheat rotini Southwest salad Fresh fruit</p>	<p>3/27 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>3/28 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>3/29 Black bean, corn, &amp; chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit</p>	<p>3/30 *Lasagna Tossed salad Fresh fruit</p>

\*Vegetarian meal




## Lunch – April, 2018

<p>4/2 Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit</p>	<p>4/3 Chicken chili Broccoli &amp; cheese salad Whole wheat bread/butter Fresh fruit</p>	<p>4/4 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>4/5 Hamburger slider Bean medley Roll Fresh fruit</p>	<p>4/6 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit</p>
<p>4/9 Turkey sloppy joe Corn &amp; edamame Roll Fresh fruit</p>	<p>4/10 *Cheese melt Tomato alphabet soup Fresh fruit</p>	<p>4/11 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit</p>	<p>4/12 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit</p>	<p>4/13 *Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>4/16 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit</p>	<p>4/17 *Pizza Garden salad Fresh fruit</p>	<p>4/18 Chicken nuggets Potato soup Wheat bread/butter Fresh fruit</p>	<p>4/19 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit</p>	<p>4/20 *Beans &amp; Rice Tossed salad Tortilla Fresh fruit</p>
<p>4/23 Pasta w/chicken sausage &amp; butternut sauce Salad Fresh fruit</p>	<p>4/24 Quiche Peas Whole wheat bread/butter Fresh fruit</p>	<p>4/25 Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>4/26 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash Wheat bread/butter Fresh fruit</p>	<p>4/27 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>4/30 Chicken &amp; tarragon w/whole wheat rotini Southwest 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.</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>

\*Vegetarian meal



## Lunch – May, 2018


<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.</i></p>	<p>5/1 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>5/2 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>5/3 Black bean, corn, &amp; chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit</p>	<p>5/4 *Lasagna Tossed salad Fresh fruit</p>
<p>5/7 Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit</p>	<p>5/8 Chicken chili Broccoli &amp; cheese salad Whole wheat bread/butter Fresh fruit</p>	<p>5/9 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>5/10 Hamburger slider Bean medley Roll Fresh fruit</p>	<p>5/11 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit</p>
<p>5/14 Turkey sloppy joe Corn &amp; edamame Roll Fresh fruit</p>	<p>5/15 *Cheese melt Tomato alphabet soup Fresh fruit</p>	<p>5/16 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit</p>	<p>5/17 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit</p>	<p>5/18 *Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>5/21 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit</p>	<p>5/22 *Pizza Garden salad Fresh fruit</p>	<p>5/23 Chicken patty Tuscan bean and garlic soup Wheat bread/butter Fresh fruit</p>	<p>5/24 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit</p>	<p>5/25 *Beans &amp; Rice Tossed salad Tortilla Fresh fruit</p>
<p>5/28 ***** CLOSED FOR MEMORIAL DAY *****</p>	<p>5/29 Pasta w/chicken sausage &amp; butternut sauce Salad Fresh fruit</p>	<p>5/30 Broccoli Quiche Peas Whole wheat bread/butter Fresh fruit</p>	<p>5/31 Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<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






## Lunch – June, 2018

<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.</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>	<p><i>~This menu is designed for children age 12+ months</i></p>		<p>6/1 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>6/4 Chicken &amp; tarragon w/whole wheat rotini Southwest salad Fresh fruit</p>	<p>6/5 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>6/6 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>6/7 Black bean, corn, &amp; chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit</p>	<p>6/8 *Lasagna Tossed salad Fresh fruit</p>
<p>6/11 Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit</p>	<p>6/12 Chicken chili Broccoli &amp; cheese salad Whole wheat bread/butter Fresh fruit</p>	<p>6/13 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>6/14 Hamburger slider Bean medley Roll Fresh fruit</p>	<p>6/15 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit</p>
<p>6/18 Turkey sloppy joe Corn &amp; edamame Roll Fresh fruit</p>	<p>6/19 *Cheese melt Tomato alphabet soup Fresh fruit</p>	<p>6/20 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit</p>	<p>6/21 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit</p>	<p>6/22 *Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>6/25 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit</p>	<p>6/26 *Pizza Garden salad Fresh fruit</p>	<p>6/27 Chicken nuggets Potato soup Wheat bread/butter Fresh fruit</p>	<p>6/28 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit</p>	<p>6/29 *Beans &amp; Rice Tossed salad Tortilla Fresh fruit</p>

\*Vegetarian meal




## Lunch – July, 2018

7/2 Pasta w/chicken sausage & butternut sauce Salad Fresh fruit	7/3 Quiche Peas Whole wheat bread/butter Fresh fruit	7/4 ***** CLOSED FOR INDEPENDENCE DAY *****	7/5 Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	7/6 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
7/9 Chicken & tarragon w/whole wheat rotini Southwest salad Fresh fruit	7/10 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit	7/11 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	7/12 Black bean, corn, & chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit	7/13 *Lasagna Tossed salad Fresh fruit
7/16 Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit	7/17 Chicken chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit	7/18 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	7/19 Hamburger slider Bean medley Roll Fresh fruit	7/20 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit
7/23 Turkey sloppy joe Corn & edamame Roll Fresh fruit	7/24 *Cheese melt Tomato alphabet soup Fresh fruit	7/25 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit	7/26 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit	7/27 *Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
7/30 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit	7/31 *Pizza Garden 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.	 <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




## Lunch – August, 2018

<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.</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>	<p>8/1 Chicken patty Tuscan bean and garlic soup Wheat bread/butter Fresh fruit</p>	<p>8/2 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit</p>	<p>8/3 *Beans &amp; Rice Tossed salad Tortilla Fresh fruit</p>
<p>8/6 Pasta w/chicken sausage &amp; butternut sauce Salad Fresh fruit</p>	<p>8/7 Broccoli Quiche Peas Whole wheat bread/butter Fresh fruit</p>	<p>8/8 Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>8/9 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash Wheat bread/butter Fresh fruit</p>	<p>8/10 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>8/13 Chicken &amp; tarragon w/whole wheat rotini Southwest salad Fresh fruit</p>	<p>8/14 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>8/15 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>8/16 Black bean, corn, &amp; chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit</p>	<p>8/17 *Lasagna Tossed salad Fresh fruit</p>
<p>8/20 Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit</p>	<p>8/21 Chicken chili Broccoli &amp; cheese salad Whole wheat bread/butter Fresh fruit</p>	<p>8/22 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>8/23 Hamburger slider Bean medley Roll Fresh fruit</p>	<p>8/24 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit</p>
<p>8/27 Turkey sloppy joe Corn &amp; edamame Roll Fresh fruit</p>	<p>8/28 *Cheese melt Tomato alphabet soup Fresh fruit</p>	<p>8/29 Shepherd's Pie Pineapple/mango cole slaw Whole wheat bread/butter Fresh fruit</p>	<p>8/30 Teriyaki chicken Oriental vegetables Wheat bread/butter Fresh fruit</p>	<p>8/31 *Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>

\*Vegetarian meal



## Lunch – September, 2018

<p>9/3 ***** CLOSED FOR LABOR DAY *****</p>	<p>9/4 Whole wheat Turk-a-roni Grated cheese Spinach salad Fresh fruit</p>	<p>9/5 *Pizza Garden salad Fresh fruit</p>	<p>9/6 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit</p>	<p>9/7 *Beans &amp; Rice Tossed salad Tortilla Fresh fruit</p>
<p>9/10 Pasta w/chicken sausage &amp; butternut sauce Salad Fresh fruit</p>	<p>9/11 Quiche Peas Whole wheat bread/butter Fresh fruit</p>	<p>9/12 Spaghetti &amp; meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>9/13 Chicken leg w/ buttermilk gravy Zucchini &amp; yellow squash Wheat bread/butter Fresh fruit</p>	<p>9/14 Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>9/17 Chicken &amp; tarragon w/whole wheat rotini Southwest salad Fresh fruit</p>	<p>9/18 Turkey meatloaf Mashed sweet potatoes Wheat bread/butter Fresh fruit</p>	<p>9/19 Dirty rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>9/20 Black bean, corn, &amp; chicken quesadilla With whole wheat tortilla Green Beans Fresh fruit</p>	<p>9/21 *Lasagna Tossed salad Fresh fruit</p>
<p>9/24 Whole wheat ziti with chicken sausage &amp; tomato sauce, and baby kale Grated cheese Vegetable salad Fresh fruit</p>	<p>9/25 Chicken chili Broccoli &amp; cheese salad Whole wheat bread/butter Fresh fruit</p>	<p>9/26 *Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>9/27 Hamburger slider Bean medley Roll Fresh fruit</p>	<p>9/28 BBQ chicken leg California blend vegetables Whole wheat bread/butter Fresh fruit</p>
		<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.</p>	 <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