

John Kenney Child Care Center - Lunch

August

Child's Name: _____

Allergies: _____

Classroom: _____

Monday		Tuesday		Wednesday		Thursday		Friday	
		1		2		3		4	
		Turkey on a Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Peach-1 Milk-6 oz.	American Cheese on a Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Peach-1 Milk-6 oz.	Salisbury Steak w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.	Mini Cheese Quesadilla-3 Roasted Potato Medley-1/2 c. Fresh Apple-1 Milk-6 oz.	Turkey Meatball Sub on Whole Grain Roll-1 Mixed Vegetables-1/2 c. Fresh Banana-1 Milk-6 oz.	Veggie Meatball Sub on Whole Grain Roll-1 Mixed Vegetables-1/2 c. Fresh Banana-1 Milk-6 oz.	3x5 Pizza Square-1 Salad w/ Dressing-1 c. Fresh Nectarine-1. Cheese Stick-1 Milk-6 oz.	Pasta w/ sauce Salad w/ Dressing-1 c. Fresh Nectarine-1. Cheese Stick-1 Milk-6 oz.
7		8		9		10		11	
All Beef Hamburger on a Wheat Bun-1 Corn-1/2 c. Fresh Nectarine-1 Milk-6 oz.	Veggie Burger on a Wheat Bun-1 Corn-1/2 c. Fresh Nectarine-1 Milk-6 oz.	Chicken Nuggets-3 oz. Mixed Vegetables-1/2 c. Rice - 1/2 c. Pineapple Cup-1/2 c. Milk-6 oz.	Veggie Nuggets-3 oz. Mixed Vegetables-1/2 c. Rice - 1/2 c. Pineapple Cup-1/2 c. Milk-6 oz.	Pasta Shells with Meat Meat Sauce-5 oz. Green Beans-1/2 c. Italian Bread Fresh Banana-1 Milk-6 oz.	Pasta Shells with Veggie Meat Sauce-5 oz. Green Beans-1/2 c. Italian Bread Fresh Banana-1 Milk-6 oz.	Sliced Chicken Breast on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Mandarin Orange Cup-1/2 c. Milk-6 oz.	American Cheese on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Mandarin Orange Cup-1/2 c. Milk-6 oz.	3x5 Pizza Square-1 Salad w/ Dressing-1 c. Peach Applesauce Cup-1/2 c. Cheese Stick-1 Milk-6 oz.	Pasta w/ sauce Salad w/ Dressing-1 c. Peach Applesauce Cup-1/2 c. Cheese Stick-1 Milk-6 oz.
14		15		16		17		18	
Meatloaf w/ Ketchup-3 oz. Corn-1/2 c. Fresh Apple-1 Wheat Dinner Roll Milk-6 oz.	Bean and Cheese Burrito-5 oz. Corn-1/2 c. Fresh Apple-1 Milk-6 oz.	BREAKFAST FOR LUNCH		Swedish Turkey Meatballs w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-6 oz.	Swedish Veggie Meatballs w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-6 oz.	Chicken Fingers-3 Sliced Carrots-1/2 c. Rice - 1/2 c. Fresh Banana-1 Milk-6 oz.	Veggie Nuggets-3 oz. Sliced Carrots-1/2 c. Rice - 1/2 c. Fresh Banana-1 Milk-6 oz.	3x5 Pizza Square-1 Salad w/ Dressing-1 c. Applesauce Cup-1/2 c. Cheese Stick-1 Milk-6 oz.	Pasta w/ sauce Salad w/ Dressing-1 c. Applesauce Cup-1/2 c. Cheese Stick-1 Milk-6 oz.
21		22		23		24		25	
All Beef Hamburger on a Wheat Bun-1 Mixed Vegetables-1/2 c. Diced Pear Cup-1/2 c. Milk-6 oz.	Veggie Burger on a Wheat Bun-1 Mixed Vegetables-1/2 c. Diced Pear Cup-1/2 c. Milk-6 oz.	Cheese Manicotti with Meat Sauce-1 Green Beans-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.	Cheese Manicotti with Spaghet Sauce-1 Green Beans-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.	Chicken Fryz-3 Corn-1/2 c. Rice - 1/2 c. Fresh Banana-1 Milk-6 oz.	Veggie Nuggets-3 oz. Corn-1/2 c. Rice - 1/2 c. Fresh Banana-1 Milk-6 oz.	Turkey on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Plum-1 Milk-6 oz.	American Cheese on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Plum-1 Milk-6 oz.	3x5 Pizza Square-1 Salad w/ Dressing-1 c. Peach Applesauce Cup-1/2 c. Cheese Stick-1 Milk-6 oz.	Pasta w/ sauce Salad w/ Dressing-1 c. Peach Applesauce Cup-1/2 c. Cheese Stick-1 Milk-6 oz.
28		29		30		31			
Honey BBQ Chicken Bites-4 Corn-1/2 c. Rice - 1/2 c. Fresh Nectarine-1 Milk-6 oz.	Veggie Nuggets-3 oz. Corn-1/2 c. Rice - 1/2 c. Fresh Nectarine-1 Milk-6 oz.	Salisbury Steak w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.	Veggie Meatballs w/ Gravy-3 oz. Roasted Potato Medley-1/2 c. Fresh Apple-1 Whole Grain Bread Milk-6 oz.	Chicken Patty on Bun Green Beans-1/2 c. Fresh Plum-1 Milk-6 oz.	Mini Cheese Quesadilla-3 Green Beans-1/2 c. Fresh Plum-1 Milk-6 oz.	Sliced Chicken Breast on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Mandarin Orange Cup-1/2 c. Milk-6 oz.	American Cheese on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Mandarin Orange Cup-1/2 c. Milk-6 oz.	Alternate Options:	Pasta w/ sauce* Pasta w/ butter* Grilled Cheese* Soynut butter & Jelly *Not available on cold sandwich days