


























































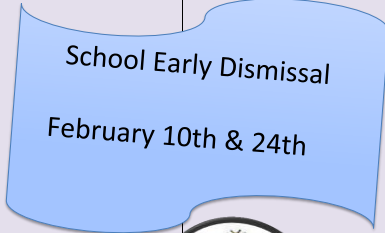

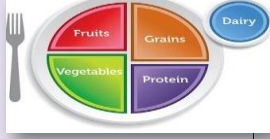



National Children's Center Lunch Menu

(Breakfast & Lunch Meal Pattern School Grades 9-12)

NSLP

Feb-16

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Monday 1</p> <p>Breakfast WG Rice Krispies 2 oz (2 boxes) Yogurt 4 oz  Peach Slices 1 cup </p> <p style="text-align: center;">Lunch <u>Beef and Broccoli</u></p> <p>Stir Fry Beef 2 oz Brown Rice 1/2 cup  Broccoli 1/2 cup Cabbage 1/2-cup Whole Grain Bread 1 oz  Mandarin Oranges 1 cup </p>	<p>Tuesday 2</p> <p>Breakfast WG Pancake 2oz. Syrup (1Pkt) Turkey Sausage 1oz  Banana 1 Cup</p> <p style="text-align: center;">Lunch <u>Southern Fried Chicken</u></p> <p>Southern Fried Chicken 2 oz WG Mac & Cheese 1/2 cup Okra & Tomatoes 1/2 cup  Lima Beans 1 cup Grapes 1 cup </p>	<p>Wednesday 3</p> <p>Breakfast Scrambled Eggs 1 oz Whole Grain Toast 2oz (2 slice) Assorted Jelly  Melon 1 cup</p> <p style="text-align: center;">Lunch <u>Hamburger</u></p> <p>100% Beef Burger 3 oz  Whole Grain Bun 2 oz Sweet Potato Fries 1/2 cup Green Beans 1/2 cup Mustard, Mayo, Ketchup (1 pkt) Apple Slices 1 cup </p>	<p>Thursday 4</p> <p>Breakfast Whole Grain English Muffin 2 oz Assorted Jelly 2pkg Orange Slices 1 cup </p> <p style="text-align: center;">Lunch <u>Salad with Chicken Strips</u></p> <p>Grilled Chicken Strips 2 oz  Cheese 1 oz Tossed Salad w/ Romaine 1 cup Ranch Salad Dressing 2 pkts Plantains 1/2 cup Whole Grain Dinner Roll 2 oz  Cantaloupe 1 cup</p>	<p>Friday 5</p> <p>Breakfast Whole Grain French Toast 2 oz Syrup (1 pkt) Turkey Sausage 1oz  Apricot 1 cup</p> <p style="text-align: center;">Lunch <u>Lemon Pepper Turkey Cutlet</u></p> <p>Lemon Pepper Turkey Cutlet 2 oz Parmessan Potatoes 1/2 cup Carrots 1/2 cup  Corn 1/2 cup Whole Grain Bread 2 oz Strawberries 1 cup</p>
Week 2	<p>Monday 8</p> <p>Breakfast Whole Grain Bagel 2 oz Cream Cheese 1 oz Hard Boiled Egg 1oz  Peach Slices 1 cup</p> <p style="text-align: center;">Lunch <u>Taco Salad</u></p> <p>Taco Beef 2 oz, Cheese 1 oz Shredded Romaine Lettuce 1 cup Corn 1/2 cup  Diced Tomato 1/4 cup Whole Grain Tortilla 2.5 oz  Tropical Fruit Cup 1 cup</p>	<p>Tuesday 9</p> <p>Breakfast Whole Grain Waffle 2 oz  Syrup (1 pkt) Turkey Sausage 1oz Bananas 1 cup (2 each)</p> <p style="text-align: center;">Lunch <u>Teriyaki Chicken 2 oz</u></p> <p>Teriyaki Chicken 2 oz  Fried Brown Rice 1/2-cup Stir Fry Vegetables 1/2 cup Cabbage 1/2-cup Whole Grain Bread 1 oz  Pears 1 cup</p>	<p>Wednesday 10</p> <p>Breakfast WG Cheerios 2oz(2bxs) Yogurt 4oz  Melon 1 cup</p> <p style="text-align: center;">Lunch <u>Spaghetti with Meatsauce</u></p> <p>Beef Meatsauce 3 oz Whole Grain Spaghetti 1/2 cup Cauliflower 1/2 cup  Summer Squash 1/2 cup Whole Grain Dinner Roll 2 oz Fresh Orange 1 cup </p>	<p>Thursday 11</p> <p>Breakfast Cinammon Oatmeal 1 cup  Syrup 2pkg Turkey Sausage 1oz Pears Slices 1 cup</p> <p style="text-align: center;">Lunch <u>Turkey and Cheese Sandwich</u></p> <p>Smoked Turkey 2 oz, Cheese 1 oz Whole Grain Roll 2 oz Three Bean Salad 1/2 cup  Carrot Sticks 1/2 cup Mayo, Mustard, Ranch (1 pkt) Honeydew 1 cup </p>	<p>Friday 12</p> <p>Breakfast Scramble Eggs 1oz WG English Muffin 2 oz Assorted Jelly (2pkg)  Applesauce 1 cup</p> <p style="text-align: center;">Lunch <u>Chicken Drumsticks</u></p> <p>Chicken Drumstick 3 oz (2 pieces) Mashed Sweet Potatoes 1/2 cup Sautéed Spinach 1/2 cup  Whole Grain Roll 2 oz Pineapple 1 cup </p>
Week 3	<p>Monday 15</p> <p>Breakfast Whole Grain Pancakes 2 oz Syrup (1 pkt) Turkey Sausage 1oz. Bananas 1 cup (2 each) </p> <p style="text-align: center;">Lunch <u>BBQ Chicken Sandwich</u></p> <p>BBQ Chicken 2 oz Whole Grain Bun 2 oz  Cole Slaw 1/2 cup Sweet Potato 1/2 cup Grapes 1 cup </p>	<p>Tuesday 16</p> <p>Breakfast Scrambled Eggs 1 oz Whole Grain Toast 2 oz (2 slice) Assorted Jelly 2pkg  Melon 1 cup</p> <p style="text-align: center;">Lunch <u>Salisbury Steak</u></p> <p>Salisbury Steak 3oz. /Gravy 1oz Brown Rice 1/2 cup  Corn 1/2 cup Collar Green 1/2 cup WG Dinner Roll 2oz Apple Slices 1/2 cup </p>	<p>Wednesday 17</p> <p>Breakfast Whole Grain English Muffin 2 oz Assorted Jelly Hard Boiled Egg 1oz  Oranges Slices 1 cup </p> <p style="text-align: center;">Lunch <u>Chicken Parmesan</u></p> <p>Breaded Chicken 2 oz, Cheese 1 oz Whole Grain Pasta 1/2 cup Marinara Sauce 1/2 cup  Broccoli 1/2 cup Whole Grain Bread 1 oz  Cantaloupe 1 cup</p>	<p>Thursday 18</p> <p>Breakfast Whole Grain French Toast 2 oz Syrup (1 pkt) Turkey sausage 1oz Apricot 1 cup </p> <p style="text-align: center;">Lunch <u>Turkey with Gravy</u></p> <p>Turkey Patty 3 oz, Gravy 1 oz Garlic Mashed Potatoes 1/2 cup Lima Beans 1/2 cup  Whole Grain Roll 2 oz Strawberries 1 cup </p>	
Week 4	<p>Monday 22</p> <p>Breakfast Whole Grain Bagel 2 oz Cream Cheese 1 oz Hard Boiled Egg 1oz  Peach Slices 1 cup</p> <p style="text-align: center;">Lunch <u>Meatballs with Gravy</u></p> <p>Meatballs 2 oz (4 each), Gravy 1 oz Brown Rice 1/2 cup  Yellow Squash 1/2 cup Broccoli 1/2 cup Whole Grain Bread 1 oz Cinnamon Applesauce 1 cup </p>	<p>Tuesday 23</p> <p>Breakfast Whole Grain Waffle 2 oz  Syrup (1 pkt) Turkey sausage 1oz. Bananas 1 cup (2 each)</p> <p style="text-align: center;">Lunch <u>Grill Cheese Sandwich</u></p> <p>Cheese 2oz.  WG Bread 2oz Corn 1/2 cup Stewed Tomato 1/2 cup Peaches 1 cup </p>	<p>Wednesday 24</p> <p>Breakfast WG Cheerios 2oz(2bxs) Yogurt 4oz  Melon 1 cup</p> <p style="text-align: center;">Lunch <u>Herb Baked Chicken</u></p> <p>Herb Chicken 2 oz  Spanish Brown Rice 1/2 cup Seasoned Black Beans 1/2 cup Tossed Salad w/ Romaine 1 cup Ranch Salad Dressing 2 pkts Whole Grain Bread 1 oz  Fresh Orange 1 cup</p>	<p>Thursday 25</p> <p>Breakfast Cinammon Oatmeal 1 cup  Syrup 2pkg Turkey Sausage 1oz Pears Slices 1 cup</p> <p style="text-align: center;">Lunch <u>Pepper Steak</u></p> <p>Pepper Steak 3 oz Oven Roasted Potatoes 1/2 cup Carrots 1/2 cup Peppers and Onions 1/2 cup Whole Grain Roll 2 oz  Honeydew 1 cup</p>	<p>Friday 26</p> <p>Breakfast Scramble Eggs 1oz WG English Muffin 2 oz Assorted Jelly (2pkg)  Apple Sauce 1 cup</p> <p style="text-align: center;">Lunch <u>Grilled Chicken Sandwich</u></p> <p>Grilled Chicken 3 oz Whole Grain Bun 2 oz Sweet Potato Fries 1/2 cup Sautéed Kale 1/2 cup Ketchup, Mayonnaise (1 pkt) Pineapple 1 cup </p>
Week 5-3	<p>Monday 29</p> <p>Breakfast WG Rice Krispies 1 oz (1 box) Yogurt 4 oz Pineapple Slices 1 cup</p> <p style="text-align: center;">Lunch <u>Taco Salad</u></p> <p>Taco Beef 2 oz, Cheese 1 oz Shredded Romaine Lettuce 1 cup Corn 1/2 cup Salsa 1/2 cup Whole Grain Tortilla 2.5 oz Tropical Fruit Cup 1 cup</p>	   			
Week 5-2	 				

A variety of 8-oz milk is served with all meals: 1% (unflavored); fat-free (flavored)