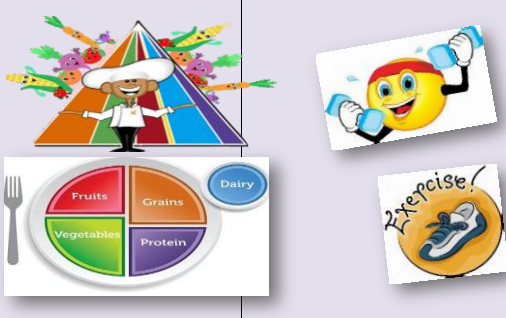



National Children's Center Lunch Menu

(Breakfast & Lunch Meal Pattern - K-8 Grd School)

NSLP

Jan-16

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|---|--|--|---|--|
| <p>Breakfast WG Rice Krispies 1 oz (1box) Yogurt 4oz. Peaches Slices 1Cup</p> <p>Lunch Beef and Broccoli 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 1/2 cup</p> | <p>Breakfast WG Pancake 2oz. Syrup (1Pkt) Turkey Sausage 1oz Banana 1 Cup</p> <p>Lunch Southern Fried Chicken Southern Fried Chicken 2 oz Whole Grain Mac & Cheese 1/2 cup Okra & Tomatoes 1/2 cup Lima Beans 1/2 cup Grapes 1/2 cup</p> | <p>Breakfast Scrambled Eggs 1 oz Whole Grain Toast 2oz (2 slice) Assorted Jelly Melon 1 cup</p> <p>Lunch Hamburger 100% Beef Burger 3 oz Whole Grain Bun 2 oz Sweet Potato Fries 1/2 cup Green Beans 1/2 cup Mustard, Ketchup (1 pkt). Apple Slices 1/2 cup</p> | <p>Breakfast Whole Grain English Muffin 2 oz Assorted Jelly 2pkg Orange Slices 1 cup</p> <p>Lunch Salad with Chicken Strips Grilled Chicken Strips 1 oz Cheese 1 oz Tossed Salad with Romaine 1 cup Ranch Salad Dressing 2 pkts Plantains 1/2 cup Whole Grain Dinner Roll 2 oz Cantaloupe 1/2 cup</p> | <p>Breakfast Whole Grain French Toast 2 oz Syrup (1 pkt) Turkey Sausage 1oz Apricot 1 cup</p> <p>Lunch Lemon Pepper Turkey Cutlet Lemon Pepper Turkey Cutlet 2 oz Parnesan Potatoes 1/2 cup Carrots 1/2 cup Corn 1/2 cup Whole Grain Bread 2 oz Strawberries 1/2 cup</p> | |
| <p>Breakfast Whole Grain Bagel 2 oz Cream Cheese 1 oz Hard Boiled Egg 1oz Peach Slices 1 cup</p> <p>Lunch Taco Salad Taco Beef 1 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 1/2 cup</p> | <p>Breakfast Whole Grain Waffle 2 oz Syrup (1 pkt) Turkey Sausage 1oz Bananas 1 cup (2 each)</p> <p>Lunch Teriyaki Chicken Teriyaki Chicken 2 oz Fried Brown Rice 1/2 cup Stir Fry Vegetables 1/2 cup Cabbage 1/2-cup Pears 1/2 cup</p> | <p>Breakfast WG Cheerios 2oz(2bxs) Yogurt 4oz Melon 1 cup</p> <p>Lunch Spaghetti with Meatsauce Beef Meatsauce 3 oz Whole Grain Spaghetti 1/2 cup Cauliflower 1/2 cup Summer Squash 1/2 cup Fresh Orange 1/2 cup</p> | <p>Breakfast Cinammon Oatmeal 1 cup Syrup 2pkg Turkey Sausage 1oz Pears Slices 1 cup</p> <p>Lunch Turkey and Cheese Sandwich Smoked Turkey 1 oz, Cheese 1 oz Whole Grain Roll 2 oz Three Bean Salad 1/2 cup Carrot Sticks 1/2 cup Mustard, Ranch Dressing (1 pkt) Honeydew 1/2 cup</p> | <p>Breakfast Scramble Eggs 1oz WG English Muffin 2 oz Assorted Jelly (2pkg) Applesauce 1 cup</p> <p>Lunch Chicken Drumstick Chicken Drumstick 1.5 oz (1 piece) Mashed Sweet Potatoes 1/2 cup Sauteed Spinach 1/2 cup Whole Grain Roll 2 oz Pineapple 1/2 cup</p> | |
| <p>Presidents Day</p> <p>Happy Presidents Day!</p> | <p>Breakfast Whole Grain Pancakes 2 oz Syrup (1 pkt) Turkey Sausage 1oz. Bananas 1 cup (2 each)</p> <p>Lunch BBQ Chicken Sandwich BBQ Chicken 2 oz Whole Grain Bun 2 oz Cole Slaw 1/2 cup Sweet Potato 1/2 cup Grapes 1/2 cup</p> | <p>Breakfast Scrambled Eggs 1 oz Whole Grain Toast 2 oz (2 slice) Assorted Jelly 2pkg Melon 1 cup</p> <p>Lunch Salisbury Steak Salisbury Steak 2oz. Gravy 1oz. Brown Rice 1/2 cup Corn 1/2 cup Collar Green 1/2 cup Apple Slices 1/2 cup</p> | <p>Breakfast Whole Grain English Muffin 2 oz Assorted Jelly Hard Boiled Egg 1oz Oranges Slices 1 cup</p> <p>Lunch Chicken Parmesan Breaded Chicken 2 oz, Cheese 1 oz Whole Grain Pasta 1/2 cup Marinara Sauce 1/2 cup Broccoli 1/2 cup Cantaloupe 1/2 cup</p> | <p>Breakfast Whole Grain French Toast 2 oz Syrup (1 pkt) Turkey sausage 1oz Apricot 1 cup</p> <p>Lunch Turkey with Gravy Turkey Patty 2 oz, Gravy 1 oz Garlic Mashed Potatoes 1/2 cup Lima Beans 1/2 cup Whole Grain Bread 2 oz Strawberries 1/2 cup</p> | |
| <p>Breakfast Whole Grain Bagel 2 oz Cream Cheese 1 oz Hard Boiled Egg 1oz Peach Slices 1 cup</p> <p>Lunch Meatballs with Gravy Meatballs 2 oz (4 each), Gravy 1 oz Brown Rice 1/2 cup Yellow Squash 1/2 cup Broccoli 1/2 cup Cinnamon Applesauce 1/2 cup</p> | <p>Breakfast Whole Grain Waffle 2 oz Syrup (1 pkt) Turkey sausage 1oz. Bananas 1 cup (2 each)</p> <p>Lunch Grill Cheese Sandwich Cheese 2oz. WG Bread 2oz Corn 1/2 cup Stewed Tomato 1/2 cup Peaches 1/2 cup</p> | <p>Breakfast WG Cheerios 2oz(2bxs) Yogurt 4oz Melon 1 cup</p> <p>Lunch Herb Baked Chicken Herb Chicken 2 oz Spanish Rice 1/2 cup Seasoned Black Bean 1/2 cup Tossed Salad w/ Romaine 1 cup Ranch Salad Dressing 1 pkt Fresh Orange 1/2 cup</p> | <p>Breakfast Cinammon Oatmeal 1 cup Syrup 2pkg Turkey Sausage 1oz Pears Slices 1 cup</p> <p>Lunch Pepper Steak Pepper Steak 2 oz Oven Roasted Potatoes 1/2 cup Peppers and Onions 1/2 cup Carrots 1/2 cup Whole Grain Bread 2 oz Honeydew 1/2 cup</p> | <p>Breakfast Scramble Eggs 1oz WG English Muffin 2 oz Assorted Jelly (2pkg) Apple Sauce 1 cup</p> <p>Lunch Grilled Chicken Sandwich Grilled Chicken 3 oz Whole Grain Bun 2 oz Sweet Potato Fries 1/2 cup Sauteed Kale 1/2 cup Ketchup (2 pkts) Pineapple 1/2 cup</p> | |
| <p>Breakfast WG Rice Krispies 1 oz (1 box) Yogurt 4 oz Pineapple Slices 1 cup</p> <p>Lunch Taco Salad Taco Beef 1 oz, Cheese 1 oz Shredded Romaine Lettuce 1 cup Corn 1/2 cup Salsa 1/4 cup Whole Grain Tortilla 2.5 oz Tropical Fruit Cup 1/2 cup</p> |  | | | <p>School Early Dismissal February 10th & 24th</p>  | |

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