### ELS LUNCH MENU

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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</thead>
</table>
| 1   | WG Cheese Quesadilla W/ Sour Cream  
Corn  
Mandarin Oranges  
Milk | 2   | WG Pancakes  
Hash Brown  
Turkey Sausage  
Diced Peaches  
Milk | 3   | Fish Stars  
Peas  
Mixed Fruit  
WG Roll  
Milk | 4   | ALL Programs CLOSED |
| 5   |     | 6   |     | 11  | 12  | 13  |
| 7   |     | 8   | Italian Grilled Chicken  
Green Beans  
Diced Pears  
WG Roll  
Milk | 9   | Mac & Cheese  
Peas  
Diced Peaches  
WG Roll  
Milk | 10  | WG Pepperoni Pizza  
Stick  
Corn  
Pineapple Tidbits  
Milk | 11  | Chicken Patty  
WG Waffle  
Lima Beans  
Mandarin Oranges  
Milk | 12  | Cheeseburger on WW/Bun  
Tater Tots  
Mixed Fruit  
Milk |
| 14  |     | 15  | Chicken Sandwich on WW/ Bun  
Corn  
Mandarin Oranges  
Milk | 16  | Ham and Cheese on WG Slider Bun  
Fresh Baby Carrots  
Fresh Sliced Apples  
Milk | 17  | WG Breaded Mozzarella Sticks W/ Marinara Peas  
Diced Peaches  
WG Roll  
Milk | 18  | Chicken Parmesan W/Pasta  
Lima Beans  
Diced Pears  
WW Roll  
Milk | 19  | Cheese Omelet  
Hash Brown  
Fresh Cantaloupe  
WG Biscuit  
Milk | 20  | Meat Lasagna  
Green Beans  
Diced Pears  
WW Roll  
Milk |
| 21  |     | 22  | Cheeseburger on WW/ Bun  
Green Beans  
Pineapple Tidbits  
WW Roll  
Milk | 23  | WG Cheese Quesadilla  
Corn  
Diced Peaches  
WG Roll  
Milk | 24  | Chicken Tenders  
Tater Tots  
Pineapple Tidbits  
WW Roll  
Milk | 25  | Fish Stars  
Peas  
Mandarin Oranges  
WW Roll  
Milk | 26  | Chicken Parmesan W/Pasta  
Lima Beans  
Mixed Fruit  
WW Roll  
Milk | 27  | Fluid Milk:  
1 year old: unflavored whole milk  
2-5 year old: unflavored fat-free (skim) or low-fat (1%) milk |
| 28  |     | 29  | Cheeseburger on WW/ Bun  
Green Beans  
Pineapple Tidbits  
Milk | 30  | WG Pancakes  
Hash Brown  
Turkey Bacon  
Diced Pears  
Milk | 31  | WG Pepperoni Pizza  
Sticks  
Peas  
Diced Peaches  
Milk | 32  | Breastmilk may be substituted for cow’s milk  
Non-Dairy Beverages may be served with appropriate documentation |

~ Children under two years old will be offered cooked carrots when menu says raw baby carrots ~

Juice, if served, is pasteurized full strength (100%) juice

WG, WW and WGR indicate whole grain-rich foods