Southwestern College
Child Development Center
Lunch Menu

	Cycle 1	Cycle 2	Cycle 3	Cycle 4
MON.	Turkey Sandwiches Turkey 1 oz. ea. Vegetable Soup $\frac{1}{2}$ c. ea. Pears $\frac{1}{2}$ c. ea. Whole Wheat Bread 1 sl. ea. Milk $\frac{3}{4}$ c. ea.	Taco Ground Turkey 1 oz. Cheese $\frac{1}{2}$ c. ea. Pinto Beans $\frac{1}{4}$ c. ea. Lettuce and tomato $\frac{1}{4}$ c. ea. Corn taco shells 1 ea. Fruit cocktail $\frac{1}{4}$ c. ea. Milk $\frac{3}{4}$ c. ea.	Burrito Ref. beans $\frac{1}{2}$ c. ea. Cheese $\frac{1}{2}$ oz. ea. Lettuce and tomato 1/8 c. Peaches $\frac{1}{4}$ c. ea. Wheat Tortilla 1 ea. Milk $\frac{3}{4}$ c. ea.	Spaghetti and Meat Sauce Ground Turkey $1\frac{1}{2}$ oz. ea. In pasta Sauce 1/8 oz. ea. Green Beans $\frac{1}{4}$ c. ea. Salad $\frac{1}{2}$ ea. Spaghetti $\frac{1}{4}$ c. ea. Milk $\frac{3}{4}$ c. ea.
WED.	Oven Baked Parmesan Chicken Chicken Thighs 2 oz. ea. Yams 1/4 c. ea. Baked apples $\frac{1}{2}$ c. ea. Biscuit 1 ea. Milk $\frac{3}{4}$ c. ea.	Chicken Stir Fry Chicken strips 2oz ea. Rice $\frac{1}{4}$ c.. Carrot squash & Broccoli $\frac{1}{4}$ c ea. Milk $\frac{3}{4}$ c. ea.	Teriyaki Chicken Chicken Thighs 2 oz. ea. Rice $\frac{1}{4}$ c. ea. Raw Green/Red veggies $\frac{1}{4}$ c. ea. Apple or org. Banana $\frac{1}{2}$ ea. Milk $\frac{3}{4}$ c. ea.	Turkey Chili Turkey 1oz. ea. Cheese 1/2 oz. Corn bread 1 ea. Chili beans $\frac{1}{4}$ c. ea. Broccoli Milk $\frac{3}{4}$ c. ea.
THUR.	Macaroni and Cheese Cheese 1 $\frac{1}{2}$ oz. ea. Macaroni $\frac{1}{4}$ c. ea. Peas $\frac{1}{4}$ c. ea. Apple $\frac{1}{2}$ ea. Milk $\frac{3}{4}$ c. ea.	Turkey Cheeseburgers Ground Turkey and Cheese $1\frac{1}{2}$ oz. ea. Potato Cubes $\frac{1}{4}$ c. ea. Whole Wheat Buns 1 ea. Zucchini 1/4 c. ea. Milk $\frac{3}{4}$ c. ea.	Fish Fillets Baked Fish 2 oz. Corn & Cole Slaw $\frac{1}{4}$ c. ea. Whole Wheat Roll 1 ea. Milk $\frac{3}{4}$ c. ea.	Baked Shells with Tuna Shell Pasta $\frac{1}{4}$ ea. Tuna 1 oz. Cheese $\frac{1}{2}$ oz. Peas $\frac{1}{4}$ c. ea. Oranges $\frac{1}{2}$ ea. Milk $\frac{3}{4}$ c. ea.

11/2/2011