



Southwestern College Child Development Center

Lunch Menu

September - May

| | Cycle 1 | Cycle 2 | Cycle 3 | Cycle 4 |
|------|---|---|--|---|
| TUE | <p style="text-align: center;"><u>Turkey Chili</u></p> <p>Turkey 1 oz. ea. Chili Beans $\frac{1}{4}$ c. ea. Cheese $\frac{1}{2}$ oz. ea. Corn Bread 1 ea. Broccoli $\frac{1}{4}$ c ea. Orange $\frac{1}{2}$ ea. Milk $\frac{3}{4}$ c. ea.</p> | <p style="text-align: center;"><u>Turkey Taco</u></p> <p>Turkey 1 oz. ea. Cheese $\frac{1}{2}$ oz. ea. Corn Tortilla 1 ea. Lettuce 1/8 c. ea. Tomato 1/8 c. ea. Seasonal Fruit $\frac{1}{4}$ c. ea. Milk $\frac{3}{4}$ c. ea.</p> | <p style="text-align: center;"><u>Mostacholi Pasta</u></p> <p>Ground Beef 1 $\frac{1}{2}$ oz. ea. Sauce 1/8 c. ea. Whole Wheat Pasta $\frac{1}{4}$ c. ea. Carrot Sticks $\frac{1}{4}$ c. ea. Seasonal Fruit $\frac{1}{4}$ c. ea. Milk $\frac{3}{4}$ c. ea.</p> | <p style="text-align: center;"><u>Baked Fish</u></p> <p>Baked Fish 1 $\frac{1}{2}$ oz. ea. Corn $\frac{1}{4}$ c. ea. Whole Wheat Roll 1 ea. Seasonal Fruit $\frac{1}{4}$ c. ea. Milk $\frac{3}{4}$ c. ea.</p> |
| WED | <p style="text-align: center;"><u>Parmesan Chicken</u></p> <p>Chicken 2 oz. ea. Yams $\frac{1}{4}$ c. ea. Biscuit 1 ea. Baked Apple $\frac{1}{4}$ c. ea. Milk $\frac{3}{4}$ c. ea.</p> | <p style="text-align: center;"><u>Grilled Chicken</u></p> <p>Chicken 2 oz. ea. Rice $\frac{1}{4}$ c. ea. Carrots $\frac{1}{4}$ c. ea. Seasonal Fruit $\frac{1}{4}$ c. ea. Milk $\frac{3}{4}$ c. ea.</p> | <p style="text-align: center;"><u>Cheese Pizza</u></p> <p>Cheese Pizza, Personal size Lentil Soup $\frac{1}{2}$ c. ea. Baby Carrots $\frac{1}{4}$ c. ea. Orange $\frac{1}{2}$ ea. Milk $\frac{3}{4}$ c. ea.</p> | <p style="text-align: center;"><u>Bean Burrito</u></p> <p>Ref. beans $\frac{1}{4}$ c. ea. Cheese $\frac{1}{2}$ oz. ea. Lettuce 1/8 c. ea. Tomato 1/8 c. ea. Whole Wheat Tortilla 1 ea. Seasonal Fruit $\frac{1}{4}$ c. ea. Milk $\frac{3}{4}$ c. ea.</p> |
| THUR | <p style="text-align: center;"><u>Macaroni and Cheese</u></p> <p>Whole Wheat Pasta $\frac{1}{4}$ c. ea. Cheese 1 $\frac{1}{2}$ oz. ea. Peas $\frac{1}{4}$ c. ea. Seasonal Fruit $\frac{1}{4}$ c. ea. Milk $\frac{3}{4}$ c. ea.</p> | <p style="text-align: center;"><u>Chicken Burgers</u></p> <p>Chicken Patty 2 oz. ea. Potato Cubes $\frac{1}{4}$ c. ea. Whole Wheat Buns 1 ea. Applesauce $\frac{1}{4}$ c. ea. Milk $\frac{3}{4}$ c. ea.</p> | <p style="text-align: center;"><u>Teriyaki Chicken</u></p> <p>Chicken Thigh 2 oz. ea. Rice $\frac{1}{4}$ c. ea. Broccoli $\frac{1}{4}$ c. ea. Seasonal Fruit $\frac{1}{4}$ c. ea. Milk $\frac{3}{4}$ c. ea.</p> | <p style="text-align: center;"><u>Chicken Pasta Shells</u></p> <p>Chicken 2 oz. Pasta shells $\frac{1}{4}$ c. ea. Cheese $\frac{1}{2}$ oz. ea. Mixed Veggies $\frac{1}{4}$ c. ea. Banana $\frac{1}{2}$ ea. Milk $\frac{3}{4}$ c. ea.</p> |
| | *** Seasonal Fruit – Will be fresh fruit. | | | |