

ALC CATERED LUNCH MENU: December 2019

2- MONDAY	3- TUESDAY	4- WEDNESDAY	5- THURSDAY	6- FRIDAY
LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk
2 Whole grain chicken nuggets	3/4 c TURKEY & BEAN CHILI	2 FISH STICKS	BREAKFAST FOR LUNCH	1/2 c CHEESE LASAGNA w/
1/4 c BROWN RICE	3/4 oz TURKEY, 1/8 c BEANS,	1 slice WHOLE WHEAT BREAD	TURKEY SAUSAGE PATTY	1/4 c WHOLE GRAIN EGG NOODLES,
1/8 c CAULIFLOWER &	& 1/8 c PEPPERS & ONIONS	1/8 c CARROTS	WHOLE GRAIN PANCAKE-SYRUP	TOMATO SAUCE & 1 oz CHEESE
BROCCOLI – LIGHTLY STEAMED	1 slice WHOLE WHEAT BREAD	1/8 c HONEYDEW MELON	1/8 c ROASTED POTATOES	1/8c ZUCCHINI (lightly steamed)
1/8 c PEARS	1/8 c WATERMELON	TARTAR SAUCE & KETCHUP	1/8 c PEACHES	1/8 c MANDARIN ORANGES
9- MONDAY	10- TUESDAY	11- WEDNESDAY	12- THURSDAY	13- FRIDAY
LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk
SLOPPY JOES w/ 1 oz	1/2 c MACARONI & CHEESE w/	CHICKEN PATTY	1 oz TURKEY & CHEESE	1/2 c PASTA FASULE w/
TURKEY; TOMATO SAUCE	1/4 c WHOLE GRAIN ROTINI	WHOLE WHEAT ROLL	2 sl. WHOLE WHEAT BREAD	1/4 c BEANS, 1/4 c WHOLE GRAIN
WHOLE WHEAT ROLL	& 1 oz CHEESE	1/8 c SWEET POTATO	1/8 c CARROTS	ROTINI & TOMATO SAUCE
1/8 c GREEN BEANS	1/8 c SPINACH	1/8 c PEARS	1/8 c FRUIT MIX	1/8 c BROCCOLI
1/8 c MANDARIN ORANGES	1/8 c CANTALOUPE	KETCHUP	MUSTARD & MAYONNAISE	1/8 c FRESH FRUIT MEDLEY
16- MONDAY	17- TUESDAY	18- WEDNESDAY	19- THURSDAY	20- FRIDAY
LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk
2 SWEDISH MEATBALLS	3/4 c CHICKEN VEG STIR FRY	TACO w/ 1 oz CHICKEN &	CHEESE PIZZA (1)	TUNA SALAD SANDWICH
1/4 c WHOLE GRAIN EGG NOODLES	1 oz CHICKEN, 1/4 c BROWN	SHREDDED CHEESE;	w/ 1 oz CHEESE	1 oz TUNA w/ MAYONNAISE
1/8 c CHOPPED BEETS,	RICE, 1/8 c PEAS & CARROTS	1/8 c DICED TOMATOES	1/8 c BROCCOLI	2 sl. WHOLE WHEAT BREAD
CUCUMBERS, BELL PEPPERS	1 slice WHOLE WHEAT BREAD	WHOLE WHEAT WRAP	1/8 c PEARS	1/8 c GREEN BEANS
1/8 c PEARS	1/8 c HONEYDEW MELON	1/8 c FRUIT MIX		1/8 c WATERMELON
23- MONDAY	24- TUESDAY	25- WEDNESDAY	26- THURSDAY	27- FRIDAY
LUNCH: Milk	LUNCH: Milk	MERRY CHRISTMAS!		LUNCH: Milk
TURKEY MEATLOAF w/ GRAVY	CHICKEN PARMESAN SANDWICH			2 CHEESE RAVIOLI w/ 1 oz
w/ 1 oz TURKEY	1 oz CHICKEN & CHEESE			CHEESE; TOMATO SAUCE
1 slice WHOLE WHEAT BREAD	WHOLE WHEAT HOT DOG ROLL			1/8 c PEAS
1/8 c ROASTED POTATOES	1/8 c CAULIFLOWER &			1/8 c FRESH FRUIT MEDLEY
1/8 c PEACHES	BROCCOLI – LIGHTLY STEAMED			
30- MONDAY	31- TUESDAY	1- WEDNESDAY	2- THURSDAY	3- FRIDAY
LUNCH: Milk	LUNCH: Milk	HAPPY NEW YEAR!!!		LUNCH: Milk
1/2 c MACARONI & CHEESE w/	CHICKEN SALAD SANDWICH			FISH PATTY
1/4 c WHOLE GRAIN ROTINI	1 oz CHICKEN w/ MAYONNAISE			WHOLE WHEAT ROLL
& 1 oz CHEESE	2 sl. WHOLE WHEAT BREAD			1/8c ZUCCHINI (lightly steamed)
1/8 c BROCCOLI	1/8 c CARROTS			1/8 c HONEYDEW MELON
1/8 c WATERMELON	1/8 c APPLESAUCE			TARTAR SAUCE & KETCHUP