

Katering 4 Kids

Encompass January 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1 NO SCHOOL TODAY	Jan - 2 Cheese Omelette+ Yogurt Cherry Tomatoes Pears W/G Muffins WhMilk-1 /Skim-2^	Jan - 3 Meatloaf + Broccoli Cauliflower Peaches W G Dinnerroll WhMilk-1 /Skim-2^	Jan - 4 Chicken N Gravy Mashed Potatoes Cantaloupe WG Breadstick WhMilk-1 /Skim-2^
Jan - 7 Beef Stew w/ Vegetables Oranges WG Biscuit WhMilk-1 /Skim-2^	Jan - 8 CreamofTurkWildRiceSoup Cucumber Apple WG Bread WhMilk-1 /Skim-2^	Jan - 9 Meatballs+w/Spag Sauce Broccoli Canned Pears Spaghetti W/G Noodles W/G Garlic Bread WhMilk-1 /Skim-2^	Jan - 10 WG Zoo Animal Chicken+ MonteCarloVeg Grapes* Cheese W/G Sandwich WhMilk-1 /Skim-2^	Jan - 11 3 Cheese W/G Macaroni Peas & Carrots Mandarin Oranges WG Bread WhMilk-1 /Skim-2^
Jan - 14 TurkeyandChsW/GSandwich Cucumber Oranges WhMilk-1 /Skim-2^	Jan - 15 Salisbury Steak+ Sweet Potatoes Pears WG Bread WhMilk-1 /Skim-2^	Jan - 16 ItalChickenw/SpagSauce Peas Cantaloupe Spaghetti W/G Noodles W/G Garlic Bread WhMilk-1 /Skim-2^	Jan - 17 BBQ Pork Pattie+ Yellow Beans Mandarin Oranges WG Bread WhMilk-1 /Skim-2^	Jan - 18 Chicken Tempura Stir Fry Vegetables Grapes* Brown Rice Pilaf Sweet & Sour Sauce W G Dinnerroll WhMilk-1 /Skim-2^
Jan - 21 Pork & Gravy Mashed Potatoes Cantaloupe W/G Roll WhMilk-1 /Skim-2^	Jan - 22 Chicken Taco Shredded Cheese Lettuce/Tomato/Corn Oranges W/G Soft Shell WhMilk-1 /Skim-2^	Jan - 23 Turkey Meatballs+w/Gravy Broccoli Mango WG Bread WhMilk-1 /Skim-2^	Jan - 24 GrilledChickenPatty+ Zucchini Squashw/Tomato Apple WGBreadstick WhMilk-1 /Skim-2^	Jan - 25 Hamburger+ Baked Beans Grapes* W/G Hamburger Bun WhMilk-1 /Skim-2^
Jan - 28 W/GSpaghetti&Meat Sauce ItalianMixedVegetables Oranges W/G Garlic Bread WhMilk-1 /Skim-2^	Jan - 29 ChickenDumplingSoup Cherry Tomatoes Apple WG Bread WhMilk-1 /Skim-2^	Jan - 30 HamAugrPotatoesw/GrBns Grapes* W G Dinnerroll WhMilk-1 /Skim-2^	Jan - 31 SmorgasofEntrees,Veg/Frt Variety of Items Fresh Fruit or Veggie WG Bread WhMilk-1 /Skim-2^	

All Soups, Casseroles, and Main Entrees NOT CN labeled are Homemade.

W/G =Whole Grain +=CN Label

***NA* - denotes a nutrient that is either missing or incomplete for an individual ingredient.**

*** - denotes combined nutrient totals with either missing or incomplete nutrient data.**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.