



# Chef Chipper's Early Learners Lunch Program



## Lunch September 2022

Serving sizes as follows:

1-2 year olds - m/ma 1oz, fruit 1/4c, veg 1/4 c, grain 1/2oz, 4oz Plain Whole Milk

3-5 year olds - m/ma 1.5oz, fruit 1/4c, veg 1/4c, grain 1/2oz, 6oz Plain 1% Milk







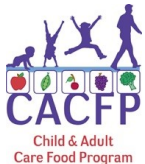
School Age - m/ma 2oz, fruit 1/2c, veg 1/2c, grain, 1oz, 8oz Plain 1% Milk

\* Please See CACFP Meal Pattern Charts



This institution is an equal opportunity provider.

Approved by Barbara Myers, RD, LD/N

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><i>1% Milk</i> Is Served At Lunch Everyday Whole Milk Is Available For Students Age 1 &amp; 2</p>	<p><u>Turkey Ham</u> <u>WG Roll</u> <u>Whipped Potatoes</u> <u>Mixed Fruit</u></p>	<p><u>Chicken Nuggets</u> <u>WG Bread</u> <u>Corn</u> <u>Bananas</u></p> 
5	6	7	8	9
	<p><u>Swedish Meatball Sandwiches</u> (.5oz Beef Meatballs) <u>WG Roll</u> <u>Mixed Vegetables</u> <u>Oranges</u></p> 	<p><u>BBQ Chicken Breast</u> <u>WG Bun</u> <u>Corn</u> <u>Mixed Fruit</u></p>	<p><u>Make Your Own Chicken Tacos</u> <u>Diced Chicken Breast</u> <u>WG Flour Tortillas</u> <u>Shredded Cheese</u> <u>Salsa Packs - Corn</u></p>	<p><u>Mozzarella Stuffed Breadsticks</u> <u>WG Bun</u> <u>Mixed Veggies</u> <u>Peaches</u></p>
12	13	14	15	16
<p><u>Homestyle Baked Macaroni</u> <u>WG Pasta - Cheddar</u> <u>Ricotta - Mozzarella Cheese</u> <u>Apple Slices</u> <u>Green Beans</u></p>	<p><u>Turkey Corn Dog Nuggets</u> <u>Corn</u> <u>Oranges</u></p>	<p><u>Chicken Salad Sandwiches</u> <u>Sliced Cucumbers</u> <u>Baby Carrots</u> <u>Mixed Fruit</u></p> 	<p><u>Popcorn Chicken</u> <u>WG Bun</u> <u>Mixed Vegetables</u> <u>Bananas</u></p>	<p><u>WG Personal Pizza</u> <u>Tossed Salad</u> <u>Peaches</u></p>
19	20	21	22	23
<p><u>Baked Rigatoni</u> <u>WG Pasta - Cheddar</u> <u>Ricotta - Mozzarella Cheese</u> <u>Green Beans</u> <u>Apple Slices</u></p>	<p><u>Cheeseburger Sliders</u> <u>2oz Beef Burger - American Cheese</u> <u>WG Bun</u> <u>Corn</u> <u>Oranges</u></p> 	<p><u>Herb Baked Chicken Breast</u> <u>Rice</u> <u>Mixed Vegetables</u> <u>Mixed Fruit</u></p>	<p><u>WG Pollock Nuggets</u> <u>Mixed Vegetables</u> <u>Oranges</u></p>	<p><u>Boneless Chicken Wings</u> <u>Mixed Veggies</u> <u>Peaches</u></p>
26	27	28	29	30
<p><u>Rainbow Macaroni &amp; Cheese</u> <u>WG Tri Color Pasta - Cheddar</u> <u>Ricotta - Mozzarella Cheese</u> <u>Apple Slices</u> <u>Green Beans</u></p>	<p><u>Chicken Fajitas</u> <u>(Grilled Chicken Strips Roast Peppers &amp; Onions)</u> <u>Corn</u> <u>WG Flour Tortillas</u> <u>Oranges</u></p>	<p><u>Spaghetti &amp; Meatballs</u> (.5oz Beef Meatballs) <u>Mixed Vegetables</u> <u>Mixed Fruit</u></p>	<p><u>Chicken Nuggets</u> <u>WG Bread</u> <u>Corn</u> <u>Bananas</u></p> 	<p><u>Personal Pizza</u> <u>Tossed Salad</u> <u>Peaches</u></p> 