

January 2019 Lunch Menu

Tuesday

8

No Socializations

Wednesday

9

Tomato Basil Soup (Tomato, Zucchini), Cheese
WGR Breadstick
Kiwi
6-11 months
Tomato Basil Soup and Cheese

Thursday

10

Pulled Chicken
WGR Pretzel Bun w/ BBQ sauce
Roasted Parsnips
Orange Slices
6-11 months
Pulled Chicken and Roasted Parsnips

Friday

11

WGR Soft Pretzel
Hummus
Cheese Stick
Cauliflower/Broccoli
Pears
6-11 months
Pretzel, Hummus & Pears

15

Tuna Salad Sandwich on WGR Bread
Blanched Carrots
Mixed Melon
6-11 months
Tuna Salad & Melon

16

Tuna Salad Sandwich on WGR Bread
Blanched Carrots
Mixed Melon
6-11 months
Tuna Salad & Melon

17

No Socializations

18

White Chicken Chili (Corn, Bell Pepper, Onion)
WGR Corn Muffin
Tropical Fruit
6-11 months
Chili and Tropical Fruit

22

No Socializations

23

Un-fried Brown Rice (Egg, Vegetables, Teriyaki sauce) Green Salad w/ Dressing
Pineapple Tidbits
6-11 months
Un-Fried Brown Rice & Pineapple

24

Pesto Turkey Sandwich (WGR Bread, Pesto Spread, Turkey, Cheese, Tomatoes & Lettuce)
Applesauce
6-11 months
Turkey & Applesauce

25

No Socializations

29

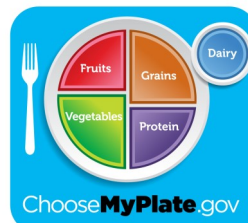
No Socializations

30

No Socializations

31

No Socializations



"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains.
"WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.

Winter Root Vegetables

Root vegetables have been part of the human diet for nearly 5 million years! They are full of nutrients, are extremely versatile, and cost effective! We are focusing on parsnips, turnips, and rutabagas in the classroom. Try them this month with your family at home, too!

Parsnips

Parsnips are a wonderful fall and winter treat! Slice and add to a stir-fry; add to soups and stews like potatoes; or peel or grate to add to salads and wraps.



Turnips

Turnips are a great all-season vegetable. You can eat them raw in the spring and early summer with salt and pepper or in salads. You can chop them to add to soups and stews in the fall and winter. Add cooked turnips to mashed potatoes for extra flavor; roast them with carrots and other roots for a hearty side dish!



Rutabagas

Rutabagas are a kitchen secret – they add extra flavor, spice, and zing to dishes. Boil them with your potatoes for mashed potatoes; or slice them very thin, sprinkle with salt, pepper and olive oil, and roast at 400 degrees for 15 - 20 minutes for rutabaga chips!

