

**LEHIGH VALLEY CHILD CARE, INC.**  
**LUNCH**

MENU SET 2

MONTH/YEAR \_\_\_\_\_ PROVIDER'S NAME \_\_\_\_\_

|                                   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|-----------------------------------|--|---|--|--|--|
| <u>MEAT AND/OR MEAT ALTERNATE</u> | <input type="checkbox"/><br>Fish Sticks<br>1/2 Hard Cooked Egg | <input type="checkbox"/><br>Homemade Beef Stew (Beef Cubes & the following vegetables: Potatoes, Green Beans, Carrots, Peaches) | <input type="checkbox"/><br>Grilled Ham & Cheese Sandwich            | <input type="checkbox"/><br>Sautéed Ground Beef                        | <input type="checkbox"/><br>Peanut Butter*** & Jelly Yogurt  |
| <u>VEG/FRUIT</u>                  | Salad with Dressing  |   | Tomato Soup  | Tomato Sauce Salad   | Carrots/Celery Sticks****  |
| <u>VEG/FRUIT</u>                  | Apple Slices   |   | Fruit Cocktail   | Grapes   | Bananas  |
| <u>BREAD/PASTA</u>                | Buttered Noodles   | Dinner Roll (Enriched with Butter)  | Bread (Enriched)   | Pasta  | Bread (Enriched)   |
| <u>MILK</u>                       | Milk**   | Milk**  | Milk**   | Milk**   | Milk**   |
| <u>OTHER</u>                      |  |   |  |  |  |
| <u>MEAT AND/OR MEAT ALTERNATE</u> | <input type="checkbox"/><br>Chicken Nuggets                    | <input type="checkbox"/><br>Meatball  | <input type="checkbox"/><br>Turkey & Cheese Sandwich                 | <input type="checkbox"/><br>Hamburgers/ Turkey burgers                 | <input type="checkbox"/><br>Tuna Noodle Casserole with Shredded Cheese                                     |
| <u>VEG/FRUIT</u>                  | Green Beans  | Tomato Sauce Green Beans  | Vegetable Soup   | Tator Tots   | Peas   |
| <u>VEG/FRUIT</u>                  | Fruit Cup  | Bananas   | Oranges  | Baked Beans  | Peaches  |
| <u>BREAD/PASTA</u>                | Homemade Macaroni & Cheese (Real)                              | Steak Roll (Enriched)   | Bread (Enriched)   | Roll (Enriched)  | Pasta  |
| <u>MILK</u>                       | Milk**   | Milk**  | Milk**   | Milk**   | Milk**   |
| <u>OTHER</u>                      |  |   |  |  |  |
| <u>MEAT AND/OR MEAT ALTERNATE</u> | <input type="checkbox"/><br>Grilled Ham & Cheese Sandwich      | <input type="checkbox"/><br>Sautéed Ground Beef/Turkey  | <input type="checkbox"/><br>Peanut Butter*** & Jelly Sandwich Yogurt | <input type="checkbox"/><br>Tuna Noodle Casserole with Shredded Cheese | <input type="checkbox"/><br>Turkey/Beef Barbecue   |
| <u>VEG/FRUIT</u>                  | Vegetable Soup   | Tomato Sauce Salad with Dressing  | Carrots/Celery Sticks****  | Peas   | French Fries   |
| <u>VEG/FRUIT</u>                  | Grapes   | Apple Sauce   | Pineapple Chunks   | Pears  | Grapes   |
| <u>BREAD/PASTA</u>                | Bread (Enriched)   | Pasta   | Bread (Enriched)   | Roll (Enriched)  | Bun (Enriched)   |
| <u>MILK</u>                       | Milk**   | Milk**  | Milk**   | Milk**   | Milk**   |
| <u>OTHER</u>                      |  |   |  |  |  |
| <u>MEAT AND/OR MEAT ALTERNATE</u> | <input type="checkbox"/><br>Ham                                | <input type="checkbox"/><br>Chicken Salad (Shredded cooked chicken, hard cooked egg, celery & mayo) Broccoli/Carrots            | <input type="checkbox"/><br>Sautéed Ground Beef/Turkey               | <input type="checkbox"/><br>Turkey & Cheese Sandwich                   | <input type="checkbox"/><br>Pizza (Crumbled Cooked Ground Beef, Cheese, Sauce & Dough) Salad with Dressing |
| <u>VEG/FRUIT</u>                  | Sweet Potatoes   |   | Lettuce, Tomato  | Vegetable Soup   | Bananas  |
| <u>VEG/FRUIT</u>                  | Apple Sauce  | Apple Slices  | Fruit Cocktail   | Pineapples   |  |
| <u>BREAD/PASTA</u>                | Bread (Enriched)   | Bread (Enriched)  | Taco Shell   | Bread (Enriched)   |  |
| <u>MILK</u>                       | Milk**   | Milk**  | Milk**   | Milk**   | Milk**   |
| <u>OTHER</u>                      |  |   |  |  |  |
| <u>MEAT AND/OR MEAT ALTERNATE</u> | <input type="checkbox"/><br>Fish Sticks                        | <input type="checkbox"/><br>Egg Salad   | <input type="checkbox"/><br>Hamburgers                               | <input type="checkbox"/><br>Baked Macaroni & Cheese with Ham Cubes     | <input type="checkbox"/><br>Pizza (Cooked Ground Beef, Cheese, Sauce & Dough)                              |
| <u>VEG/FRUIT</u>                  | Carrots  | Lettuce, Tomato   | French Fries   | Green Beans  | Carrots/Celery Sticks ****   |
| <u>VEG/FRUIT</u>                  | Oranges  | Apple Sauce   | Apples   | Bananas  | Peaches  |
| <u>BREAD/PASTA</u>                | Homemade Macaroni * Cheese (Real)                              | Pita Pocket (Enriched)  | Roll (Enriched)  | Bread (Enriched)   |  |
| <u>MILK</u>                       | Milk**   | Milk**  | Milk**   | Milk**   | Milk**   |
| <u>OTHER</u>                      |  |   |  |  |  |

LVCC REV 12/07

\*\* WHOLE MILK MUST BE SERVED TO ALL CHILDREN UNDER THE AGE OF 2 YEARS

NOTE: BREAD (DINNER ROLLS, BUNS, ETC.) MUST BE MADE WITH ENRICHED OR WHOLE GRAIN FLOUR!!

\*\*\* CAUTION PEANUT BUTTER WITH YOUNGER CHILDREN AND CHILDREN WITH ALLERGIES!!

\*\*\*\*CAUTION WITH RAW VEGETABLES WITH YOUNGER CHILDREN!!

MONITOR'S INITIALS/DATE \_\_\_\_\_