

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

MENU SET 3

MONTH/YEAR _____ PROVIDER'S NAME _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MEAT AND/OR MEAT ALTERNATE</u>	<input type="checkbox"/> Quick Lasagna* Ground beef/turkey Cheese	<input type="checkbox"/> Cheese Delights* Cheese slice	<input type="checkbox"/> Swedish Meatballs* Ground beef/turkey	<input type="checkbox"/> Crescent Hot Dog*	<input type="checkbox"/> Super-Cheesy Stove-Top* <u>Macaroni & cheese with ham</u>
<u>VEG/FRUIT</u>	Lettuce salad	Sliced Tomato	Carrots	Baked beans	Ham and Cheese Green Beans
<u>VEG/FRUIT</u>	Cauliflower	Apple slices	Fruit cocktail	Water melon/fresh fruit	Apple sauce
<u>BREAD/PASTA</u>	Lasagna noodles	English Muffin	Egg noodles	Crescent Roll	Pasta
<u>MILK</u>	Milk**	Milk**	Milk**	Milk**	Milk**
<u>OTHER</u>					
<u>MEAT AND/OR MEAT ALTERNATE</u>	<input type="checkbox"/> Chow Mein* <u>Pork/Veal</u>	<input type="checkbox"/> Pork Sloppy Joes* Shredded pork	<input type="checkbox"/> Cheeseburger pie* Ground beef/turkey Cheese	<input type="checkbox"/> Homemade* <u>Chicken Fingers</u>	<input type="checkbox"/> Roast Beef French Dip* <u>Sandwich</u> Roast Beef Potato pancakes*
<u>VEG/FRUIT</u>	Chinese vegetables	Tator Tots	Broccoli	Sliced cucumbers with Ranch dressing	Waldorf Salad*
<u>VEG/FRUIT</u>	Cooked carrots	Pears	Orange slices	Grapes	Roll
<u>BREAD/PASTA</u>	Rice/Pasta	Roll (Enriched)	Pie crust	Macaroni salad	Milk**
<u>MILK</u>	Milk**	Milk**	Milk**	Milk**	
<u>OTHER</u>					
<u>MEAT AND/OR MEAT ALTERNATE</u>	<input type="checkbox"/> Cheese Steak Egg Roll* Beef or Chicken	<input type="checkbox"/> Pork Fried Rice* Pork and egg	<input type="checkbox"/> Heartv Chicken Stew* Chicken	<input type="checkbox"/> Veggie Tortilla* <u>Lasagna</u> Cheese	<input type="checkbox"/> Barbeque Cups* Ground beef/turkey/pork Cheese
<u>VEG/FRUIT</u>	Onions & Pepper slices	Garden Salad	Carrots & Potatoes	Zucchini, corn, peppers, Salsa	Corn
<u>VEG/FRUIT</u>	Hash Brown Casserole*	Apple sauce	Plums	Sliced Peaches	Banana
<u>BREAD/PASTA</u>	Spring Roll Wrapper	Rice	Bread (Enriched)	Tortillas	Buttermilk Biscuits
<u>MILK</u>	Milk**	Milk**	Milk**	Milk**	Milk**
<u>OTHER</u>					
<u>MEAT AND/OR MEAT ALTERNATE</u>	<input type="checkbox"/> Chicken Enchiladas* Cheese/Chicken	<input type="checkbox"/> Shepherd's Pie * Beef Cubes	<input type="checkbox"/> Ham 'N' Crescent Pie* Cheese/Ham	<input type="checkbox"/> Chili- * Beans Ground Beef/Turkey	<input type="checkbox"/> Tuna Pizza* Cheddar cheese/Tuna
<u>VEG/FRUIT</u>	Refried Beans	Cheddar Mashed Potatoes*	Green beans	Tomato Sauce	Cucumber Slices
<u>VEG/FRUIT</u>	Apple/Carrot salad*	Carrots/Diced tomatoes	Baked potato	Garden Salad	Pineapple Cubes
<u>BREAD/PASTA</u>	Flour tortillas	Pear slices	Crescent Rolls	Dinner Rolls (Enriched)	English muffin
<u>MILK</u>	Milk**	Bread (enriched)	Milk**	Milk**	Milk**
<u>OTHER</u>		Milk**			
<u>MEAT AND/OR MEAT ALTERNATE</u>	<input type="checkbox"/> Italian Cheese Burger* Ground beef/turkey Cheese	<input type="checkbox"/> Mexican Chicken* Chicken	<input type="checkbox"/> Spaghetti Pie* Ground beef/turkey Cheese	<input type="checkbox"/> Chicken Rice* <u>Casserole</u> Chicken Broccoli	<input type="checkbox"/> Homemade Chunky* <u>Potato Soup with Ham cubes</u> Ham/cheese Apple Slices
<u>VEG/FRUIT</u>	Grapes	Applesauce	Tomato sauce	Garden Salad	Potatoes
<u>VEG/FRUIT</u>	French Fries	Green Beans	Tossed Salad	Rice	Bread (Enriched)
<u>BREAD/PASTA</u>	Bun (enriched)	Rice	Pasta	Milk**	Milk**
<u>MILK</u>	Milk**	Milk**	Milk**		
<u>OTHER</u>	Pizza sauce				

LVCC REV 03/08

** 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!!

*SET 3 MENU RECEIPE BOOK

MONITOR'S INITIALS/DATE _____ PROVIDER'S SIGNATURE _____