

Heritage Nutrition Services

Lunch Menu

FEB 2023

- All Meals are served w/ 8oz low-fat unflavored milk or Whole Milk for 1-2yr old
- All Fruit/Vegetable Juices served are Pasteurized and 100% Juice.
- “*” Denotes Whole Grain-Rich or Whole Grain item.
- “CN” Denotes Child Nutrition Labeled and Certified product.
- + denotes a scratch-cooked item with a standardized recipe.
- All Menus meet or exceed the CACFP Meal Pattern requirements.

Mon	Tue	Wed	Thu	Fri
		1 Cheese Quesadilla (2oz Shredded Cheddar on WG Tortilla) 1c. Tomato Soup 1/4c. Pears	2 Chicken Alfredo (2 oz chicken, 1/2c. WG pasta, 3oz Sauce) 1/2c. Broccoli 1/4c. Peaches	3 Popcorn Chicken Salad 4 oz Popcorn Chicken (CN*) 1c. Tossed Salad w/ dressing pkt Fresh Banana
6 Cheeseburger (CN) On Bun* 1/2c. Baked Vegetarian Beans 1/4c. Apple Slices	7 1/2c. Buffalo Chicken Salad on Roll * w/1/2c. Lettuce & tomato 1/4c. Broccoli Florets w/Ranch Pkt. 1/4c. Peaches	8 3 Jumbo Cheese Ravioli* w/Spaghetti Sauce (CN) 1/2c. Green Beans Garlic Toast Slice 1/2c. Pears	9 Chicken & Waffle (CN*) 2 Hash brown Triangles 1/4c. Pineapple	10 Cheese Pizza Square* 1c. Tossed Salad w/ Dressing pkt 1/4c. Tropical Fruit
13 1c. Macaroni & Cheese+* 1/2c. Broccoli Fresh Apple	14 1 Breaded Fish Wedge CN* 1/2c. Tots 1/4c. Pears	15 3oz Meatloaf w/ gravy 1/2c. Mashed Potatoes Dinner Roll* 1/4c. Pineapple	16 Teriyaki Chicken 3oz Chicken in Sauce 1/2c. Brown Rice* 1/2c. Asian veg 1/4c. Mandarin Oranges	17 3oz Shredded BBQ Beef Sandwich on Bun* 1/2c. Sweet Potato Fries 1/2c. Applesauce
20 Chicken Patty Sandwich (CN*) on Bun 1/2c. Tater Tots Fresh Banana	21 Chicken & Waffle* 2 Hashbrown Triangles 1/4c. Pineapple	22 Mexican Pizza on WG Crust* (2oz refried beans, 1 oz cheddar, 1/4c. Lettuce & tomato) 1/2c. Corn 1/4c. Peaches	23 Sloppy Joe Sandwich On Bun*+ 1/2c. Fries 1/2c. Mixed Fruit	24 Cheese Lasagna (CN)* Topped w/2oz Marinara & .5oz Mozzarella 1/2c. Green Beans 1/4c. Pears
27 6 Chicken Nuggets (CN*) 4 Potato Smiles 1/2c. Peas 1/4c. Applesauce	28 Swedish Meatballs (3-1oz meatballs CN) 1/2c. Brown Rice* 1/2c. Diced Carrots 1/4c. Mandarin Oranges			