


January 2019

Perry & Morgan Counties Dinner Menu

Food Program Sponsored By:



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	
	NEW YEAR'S DAY	Picnic Lunch Meals Hard Boiled Egg 1 ea Sunflower Seeds 1 oz. Carrots 4 oz. Mixed Fruit 2 oz. WG Crackers 2 pks 8 oz Fluid Milk	Egg Salad Egg Salad 2 oz. WG Bun 1 each Cherry Tomatoes 4 oz. Pears 2 oz. Ranch Cup 8 oz. Fluid Milk	
7	8	9	10	11
Hummus and Cheese Hummus 3 oz. Cheese Stick 1 oz. Applesauce 2 oz Tortilla Scoops 1 gr Tomato Salsa 4 oz. 8 oz. Fluid Milk	Beef Bologna Sandwich Beef Bologna 1 oz. American Cheese 1 oz. WG Bun 1 each Broccoli Bites 4 oz. Fresh Orange 2 oz. Mayo, Mustard, & Ranch 8 oz. Fluid Milk	Grab Bag Cheese Stick 2 oz. Sugar Snap Peas 4 oz. Fresh Orange 2 oz. WG Crackers 1 gr Ranch Dressing 8 oz. Fluid Milk	Egg Salad Egg Salad 2 oz. WG Bun 1 each Carrots 4 oz. Pears 2 oz. Ranch Cup 8 oz. Fluid Milk	
14	15	16	17	18
Sunbutter & Jelly Sunbutter 4 tbsp & Jelly Sunflower Kernels 1 oz. WG Tortilla Wrap 1 each Celery Sticks 4 oz. Fresh Apple 1 each 8 oz. Fluid Milk	Italian Sub Turkey Ham 1 oz. Provolone Cheese 1 oz. WG Sub Bun 1 each Mango Veg Juice 4 oz. Pears 2 oz. 8 oz. Fluid Milk	Sliced Turkey Sandwich Sliced Turkey 2 oz. WG Bun 1 each Broccoli Bites 4 oz. Mixed Fruit 2 oz. Mayo, Mustard, & Ranch 8 oz. Fluid Milk	Hummus and Cheese Hummus 3 oz. Cheese Stick 1 oz. Peaches 2 oz. Tortilla Scoops 1 gr Tomato Salsa 4 oz. 8 oz. Fluid Milk	
21	22	23	24	25
All Districts Closed	MOR Closed			
NO SERVICE	NO SERVICE	Chicken Sandwich Chicken Patty 2 oz. WG Bun 1 each 3 Bean Salad 4 oz. Pineapples 2 oz. Ketchup & Mustard 8 oz. Fluid Milk	Grab Bag Cheese Stick 2 oz. Sugar Snap Peas 4 oz. Fresh Orange 2 oz. WG Crackers 1 gr Ranch Dressing 8 oz. Fluid Milk	
28	29	30	31	
Hummus and Cheese Hummus 3 oz. Cheese Stick 1 oz. Tortilla Scoops 1 gr Tomato Salsa 4 oz. Peaches 2 oz. 8 oz. Fluid Milk	Italian Sub Turkey Ham 1 oz. Provolone Cheese 1 oz. WG Sub Bun 1 each Mango Veg Juice 4 oz. Pears 2 oz. 8 oz. Fluid Milk	Beef Bologna Sandwich Beef Bologna 1 oz. American Cheese 1 oz. WG Bun 1 each Broccoli Bites 4 oz. Mandarin Oranges 2 oz. Mayo, Mustard, & Ranch 8 oz. Fluid Milk	Sunbutter & Jelly Sunbutter 4 tbsp & Jelly Sunflower Kernels 1 oz. WG Tortilla Wrap 1 each Celery Sticks 4 oz. Fresh Apple 1 each 8 oz. Fluid Milk	Note: One UNOPENED supper item listed in BOLD on each menu day is permitted to be taken home, per child. All other food must be discarded at the end of the day.

Food Order Adjustments Received:
By 10:00 a.m. the day before the adjustment is needed.

Food Order Cancellations Received:
By 10:00 a.m. the Wednesday of the prior week the cancellation is needed.

Submit adjustments/cancellations to:
COLFood@childrenshungeralliance.org

Delivery Issues Call:
1-800-227-6446 Option #4

Menu Consists of ALL of the following:

- 2oz Meat/Meat Alternative (mma)
- 4oz Vegetable
- 2oz Fruit
- 1 grain – whole grain (gr)
- 8oz Fluid Milk (1% or skim)

No pork or nut items on menu.

Shelf Stable Meal 1:	Shelf Stable Meal 2:
1oz Cheese Stick	1.75oz Hummus
1oz Soy Nuts	1oz Sunflower Seeds
4.32oz Dragon Punch Veg Juice	4.32oz Dragon Punch Veg Juice
2oz Applesauce	2oz Applesauce
1gr WG Crackers	1gr Tortilla
8oz UHT Lowfat Milk	8oz UHT Lowfat Milk