

South County December 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2.	3.	4.	5.	6.
<p style="text-align: right;">(4.5 oz)</p> <p>BBQ Beef Sandwich</p> <p>BBQ Beef Patty (2.5 oz) Bun - WGR (2 oz) Mixed Vegetables (1/2 c.) Applesauce (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2.5 oz)</p> <p>Chicken Verde</p> <p>Pinto Beans (1/2 c.) Peaches (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(4 oz)</p> <p>Baked Cajun Fish (Whole Grain Breading)</p> <p>Baked Cajun Fish (4 oz) Parslied Carrots (1/2 c.) Roll – WGR (2 oz) Tartar Sauce (1 oz) Pears (1/2 c.) 1% Milk (8 oz)</p>	<p>Taco Salad</p> <p>Beef Crumble (2 oz) Salad (1/2 c.) Sliced Tomatoes 1/8 c. Shredded Carrots 1/8 c. Ranch Dressing (1 oz) Pineapple (1/2 c.) Corn Tortilla Chip Bag – WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3.6 oz)</p> <p>Orange Chicken</p> <p>Sesame Green Beans (1/2 c.) Apricots (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>
9.	10.	11.	12.	13.
<p style="text-align: right;">(3 oz)</p> <p>Breaded Chicken Patty</p> <p>Red Potatoes (1/2 cup) Pineapple (1/2 c.) Hamburger Bun - WGR (2 oz) BBQ Sauce (1 oz) 1% Milk (8 oz)</p>	<p>Chicken and Veggie Salad</p> <p>Chicken (2 oz) Salad (1/2 c.) Sliced Tomatoes (1/8 cup) Shredded Carrots (1/8 cup) Ranch Dressing (1 oz) Banana (1/2 c.) Cracker Bag – WGR (2 oz) 1% Milk (8 oz)</p>	<p>Cheese Lasagna (Whole Grain)</p> <p>Cheese Lasagna – 7 oz Peas (1/2 c.) Bread - WGR (1 slice) Sliced Apples (1/2 c.) 1% Milk (8 oz)</p>	<p>Chicken Enchiladas – WGR (2 each)</p> <p>Peas and Carrots (1/2c.) Pears (1/2 c.) 1% Milk (8 oz) (2 Enchiladas with Cheddar Cheese = 2oz meat/meat alternate and 2 servings bread)</p>	<p style="text-align: right;">(4.5 oz)</p> <p>Turkey and Cheese on Whole Wheat Bread</p> <p>Sliced Turkey (2oz) Sliced Cheese (.5 oz) Bread - WGR (2 oz) Garden Salad (1/2 c.) Shredded Carrots ¼ c. Italian Dressing (1/2 oz) Peaches (1/2 c.) 1% Milk (8 oz)</p>
16.	17.	18.	19.	20.
<p style="text-align: right;">(5.5 oz)</p> <p>Turkey Sloppy Joe on a Bun - WGR</p> <p>Sloppy Joe (3.5 oz) Hamburger Bun – WGR (2 oz.) Parslied Carrots (1/2c.) Pears (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">((2 oz)</p> <p>Teriyaki Chicken</p> <p>Green Beans (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1c.) 1% Low Fat Milk (8 oz)</p>	<p style="text-align: right;">(3.1 oz)</p> <p>Meatloaf w/ Onions & Bell Peppers</p> <p>Peas (1/2 c.) Apricots (1/2 c.) Cornbread - WGR (2.5 oz) 1% Milk (8 oz)</p>	<p>Turkey and Cheese Tortilla Wrap</p> <p>Sliced Turkey (2oz) Mozzarella Cheese (1/2 oz) Tortilla- WGR (2 oz) Spinach (1/2 c.) Shredded Carrots (1/4 cup) Balsamic Dressing (1 oz) Banana (1/2 c.) 1% Low Fat Milk (8 oz)</p>	<p style="text-align: right;">(8 oz)</p> <p>Beef Stew w/Potatoes</p> <p>Garden Salad (1/2 c.) Ranch Dressing (1 oz) Pineapple (1/2 c.) Bread - WGR (2 oz) Celebration Dessert 1% Milk (8 oz)</p>
23.	24.	25.	26.	27.
<p>Meatball Hoagie</p> <p>Meatballs (4 each = 2 oz) French Roll – WGR (2.6 oz) Mixed Vegetables (1/2 c.) Peaches (1/2 c.) 1% Milk (8 oz)</p>	<p>CLOSED</p> 	<p>CLOSED</p> 	<p style="text-align: right;">(4.5 oz)</p> <p>Turkey and Cheese on Whole Wheat Bread</p> <p>Sliced Turkey (2oz) Sliced Cheese (.5 oz) Bread - WGR (2 oz) Garden Salad (1/2 c.) Shredded Carrots ¼ c. Ranch Dressing (1/2 oz) Applesauce (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">((7 oz)</p> <p>Wet Bean and Cheese Burrito - WGR</p> <p>Green Beans (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz) (1 Burrito = 2 oz meat/2 oz grain)</p>
30.	31.			
<p style="text-align: right;">(2 oz)</p> <p>Teriyaki Beef Dunkers</p> <p>Steamed Carrots (1/2 c.) Mixed Fruit (1/2 c.) Brown Rice - WGR (1 c.) Celebration Dessert 1% Milk (8 oz)</p>		<p>Menu is subject to change.</p> <p>WGR – WHOLE GRAIN RICH</p> <p>Unflavored low fat 1 % milk is provided.</p>		<p>The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627</p> <p style="text-align: right;">Revised 11/18/19</p>

The Child and Adult Care Food Program is a component of the USDA and administered by The California Department of Education, Nutrition Services Division.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER.

8thContinent Soy Milk is offered to participants when indicated due to a medical or other special dietary need.

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