


South County January 2020 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1.	2.	3.
<p>*WGR – Whole Grain Rich *Unflavored 1% milk is provided.</p> 	<p>The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627</p>  <p>Revised 12/26/19</p>		<p style="text-align: right;">(3 oz)</p> <p>Glazed Pineapple Chicken</p> <p>Green Beans (1/2 c.) Mixed Fruit (1/2 c.) Brown Rice – WGR (1 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(4.5 oz)</p> <p>Ham and Cheese Sandwich on Whole Wheat Bread</p> <p>Ham (2 oz) 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>
6.	7.	8.	9.	10.
<p style="text-align: right;">(7 oz)</p> <p>Wet Bean and Cheese Burrito - WGR Mixed Vegetables (1/2 c.) Applesauce (1/2 c.) 1% Milk (8 oz) (1 Burrito = 2 oz meat/2 oz grain)</p>	<p style="text-align: right;">(2oz)</p> <p>Southwest Chicken (Diced)</p> <p>Steamed Carrots (1/2 c.) Pineapple (1/2 c.) French Roll- WGR (2.6 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(4 oz)</p> <p>Herbed Fish Fillet</p> <p>Green Beans (1/2 c.) Pears (1/2 c.) Roll - WGR (2 oz.) Tartar Sauce (1 oz) 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) Banana (1/2 c.) Corn Tortilla Chip Bag – WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2.5 oz)</p> <p>Chicken Verde</p> <p>Black Beans (1/2 c.) Apricots (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)</p>
13.	14.	15.	16.	17.
<p>Rotini and Beef Meatballs - WGR Meatballs (4 pcs = 2 oz) Spaghetti Sauce (3 oz) Rotini Noodles - WGR (1 c.) Mixed Vegetables (1/2 c.) Applesauce (1/2 c.) 1% Milk (8 oz)</p>	<p>Cheese Enchiladas – WGR with Green Sauce (2 each)</p> <p>Green Beans (1/2c.) Banana (1/2 c.) 1% Milk (8 oz) (2 Cheese Enchiladas with Cheddar Cheese = 2oz meat/meat alternate and 3.25 servings bread)</p>	<p style="text-align: right;">(3.1 oz)</p> <p>Meatloaf and Gravy</p> <p>Steamed Carrots (1/2 c.) Sliced Apples (1/2 c.) Cornbread - WGR (2.5 oz) 1% Low Fat Milk (8 oz)</p>	<p>Chinese Chicken Salad</p> <p>Chicken (2 oz) Salad (1/2 c.) Shredded Carrots (1/4 c.) Mandarin Oranges (1oz) Crunchy Noodles (1 oz) Sesame Ginger Dress. (1 oz) Peaches (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(4 Pieces = 2 oz)</p> <p>Teriyaki Beef Dunkers</p> <p>Green Beans (1/2 c.) Diced Pears (1/2 c.) Brown Rice (1c.) Celebration Dessert 1% Milk (8 oz)</p>
20.	21.	22.	23.	24.
 <p>Martin Luther King Jr. Day</p>	<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) Red Potatoes (1/2 c.) Applesauce (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2.5 oz)</p> <p>Chicken Fajitas</p> <p>Shredded Lettuce (1/2 c.) Corn (1/2 c) Mild Salsa (1 oz) Peaches (1/2 c.) Tortilla – WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(4.6 oz)</p> <p>Tuna Salad Sandwich on Whole Wheat Bread</p> <p>Tuna (2.6 oz) Bread – WGR (2 oz) Garden Salad (1/2 c.) Shredded Carrots (¼ c.) Italian Dressing (1/2 oz) Banana (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(1 cup)</p> <p>Penne Pasta w/ Meat Sauce and Basil - WGR</p> <p>Peas (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>
27.	28.	29.	30.	31.
<p style="text-align: right;">(2 oz)</p> <p>Teriyaki Chicken</p> <p>Green Beans (1/2 c.) Pineapple (1/2 c.) Brown Rice - WGR (1c.) 1% Low Fat Milk (8 oz)</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 (1/4 cup) Ranch Dressing (1 oz)</p>	<p style="text-align: right;">(2.5 oz)</p> <p>Garlic Lime Chicken</p> <p>Black Beans (1/2 c.) Apricots (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2 oz)</p> <p>Lemon Basil Chicken Breast</p> <p>Mixed Vegetables (1/2 c.) Applesauce (1/2 c.) Cornbread - WGR (2.5 oz) 1% Milk (8 oz)</p>	<p>Soft Tacos</p> <p>Ground Turkey Taco Meat (3 oz) Shredded Lettuce (1/2 c.) Corn (1/2 c.) Mild Salsa (1/2 oz) Mixed Fruit (1/2 c.) Tortillas - WGR (2 oz) 1% Milk (8 oz)</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 provider.
8thContinent Soy Milk is offered to participants when indicated due to a medical or other special dietary need.

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	Pears (1/2 c.) 1% Milk (8 oz)			
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