

Learning Centers Cincinnati

Lunch May 2013

USDA Food Requirements **Lunch**
 5 food items from Listed four food
 Components:
Fruits/ Vegetables
Milk
Grains/bread
Meat/meat Alternate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1	2	3
Hot Dog Day 8oz 1% Milk 1 serving of Whole Fruit 2oz Hot Dog on a hot dog Roll with vegetable Pasta Salad 6oz of broccoli, onions, carrots, and tomatoes with 1oz of whole grain pasta	Buffalo Chicken Salad sandwich 8oz 1% Milk 1 Serving of Enriched Bun 2 oz. diced boneless chicken 3/4 cup of sliced tomato, shredded lettuce, diced red onion and celery 1 serving of Pretzels 1 serving of Whole Fruit	Mashed Potato Bowl 8oz 1% Milk 1 serving of Whole Fruit 8oz Serving of Mashed Potatoes 2oz Breaded popcorn Chicken 1oz shredded cheddar 6oz carrots, onions, peas, corn 2oz Chicken Gravy	Pizza Day 8oz 1% Milk 1 serving of enriched thick pizza Crust 2 oz. mozzarella Cheese, 1oz pepperoni 1oz of tomato sauce Whole Fruit 1 serving of Carrot Sticks	Mexican chicken wrap 8oz 1% Milk 1 Serving of Enriched flour tortilla wrap 3oz boneless chicken breast marinated in Mexican spice rub 1oz shredded cheddar 3/4 cup of tomato salsa, shredded lettuce 1 serving of Pretzels
6	7	8	9	10
Chicken Caesar Salad 8oz 1% Milk 1 serving of Whole Fruit 8oz Chopped Romaine Lettuce 2 oz. diced boneless chicken 1oz Parmesan Cheese 2oz whole grain croutons 2oz Caesar Dressing	Chicken Salad sandwich 8oz 1% Milk 1 Serving of Enriched Bun 2 oz. diced boneless chicken 3/4 cup of sliced tomato, shredded lettuce, diced red onion and celery 1 serving of Pretzels 1 serving of Whole Fruit	Chicken and Sausage jambalaya 8oz 1% Milk Whole Fruit 6oz carrots, onions, celery, diced tomatoes 2oz of Rice 1oz Diced Chicken 1oz Sausage	Turkey Pita Day 8oz 1% Milk 1 serving of Pita Bread 2oz shredded Turkey 1oz Cheddar Cheese 3/4 cup of sliced tomato, shredded lettuce, banana peppers 1 serving of baked Chips	Smoked Pork bbq Sandwich 8oz 1% Milk 1 serving of Whole Fruit 3.5oz whole grain hamburger Roll 2oz smoked pull pork 6oz Cole Slaw
13	14	15	16	17
Chicken Sandwich Day 8oz 1% Milk 1 Serving of Whole Wheat Bun 2 oz. Breaded Chicken Patty 3/4 cup of sliced tomato, shredded lettuce, diced red onion and celery 1 serving of Pretzels 1 serving of Whole Fruit	Spicy turkey Sandwiches 8oz 1% Milk 1 serving of Whole Fruit 1 Serving of whole Grain Bun 2oz Shredded Turkey 1oz jalapino Mayonnaise 3/4 cup tomato slices, shredded lettuce 1 serving of Pretzels	Buffalo Chicken Pasta Salad 8oz 1% Milk 3oz cooked penne pasta 1.5oz buffalo ranch Sauce 2oz cooked cubed chicken 6oz broccoli, onions, celery, peppers	Pizza Day 8oz 1% Milk 1 serving of enriched thick pizza Crust 2 oz. mozzarella Cheese, 1oz pepperoni 1oz of tomato sauce Whole Fruit 1 serving of Carrot Sticks	Buffalo Chicken Wrap 8oz 1% Milk Whole Fruit 1 Serving of Enriched flour tortilla wrap 2oz boneless chicken breast 1oz shredded cheddar cheese 1oz ranch dressing 3/4 cup of sliced tomato, shredded lettuce, sliced onion 1 serving of Pretzels
20	21	22	23	24
Hamburger Day 8oz 1% Milk 1 serving of Whole Fruit 3oz Hamburger on a hamburger Roll with vegetable Pasta Salad 6oz of broccoli, onions, carrots, and tomatoes with 1oz of whole grain pasta	Italian Sandwich Day 8oz 1% Milk 1 Serving of whole grain bun 2oz Salami 1oz Turkey Ham 3/4 cup of sliced tomato, shredded lettuce, banana peppers, 1oz shredded Mozzarella 1 serving of Pretzels whole Fruit	Spagetti and Meatballs 8oz 1% Milk 1 Serving of whole grain Spagetti 3oz Meatballs 2oz tomato, Sauce 1oz shredded parmesan cheese whole Fruit	Tuna Salad 8oz 1% Milk 8oz 100% Juice 1 Serving of Whole Wheat Bun 2oz Light Tuna 2oz Hard boiled egg 3/4 cup of sliced tomato, shredded lettuce, celery, onions 1 serving of popcorn	<h3 style="color: green;">No School</h3>
27	28	29	30	31
<h3 style="color: green;">No School</h3>	Chef Salad 8oz 1% Milk 1 serving of Whole Fruit 8oz Chopped Lettuce 2oz broccoli and tomatoes 2 oz. ham, turkey shredded 1oz Cheddar Cheese 2oz whole grain croutons 2oz Caesar Dressing	Meatball Hoagie 8oz 1% Milk 1 Serving of whole grain bun 3oz Meatballs 2oz tomato, Sauce 1oz shredded Mozzarella 1 serving of Chips whole Fruit	Pizza Day 8oz 1% Milk 1 serving of enriched thick pizza Crust 2 oz. mozzarella Cheese, 1oz pepperoni 1oz of tomato sauce Whole Fruit 1 serving of Carrot Sticks	Shredded Chicken Burrito 8oz 1% Milk 1 serving of Whole Fruit 1 Serving of Enriched flour tortilla wrap 2oz pulled pork 3oz of Rice 1oz of shredded cheese 3oz of tomato salsa 2oz of corn relish

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