

USD 484 - Fredonia Schools
2019-2020
Early Learning Center Lunch Menu

* Available to all

✓ Available to Kindergarten only

Carb Count g.

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY
November 18, 2019	November 19, 2019	November 20, 2019	November 21, 2019	November 22, 2019
* Crispito w/ Cheese Sauce 23 g/ 5 g. * Corn 17 g. * Pineapple Chunks 12 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* BBQ Rib Sandwich 30 g. * Tri Tator 14 g. * Baked Beans 27 g. * Fresh Orange Wedges * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Sausage Links 0 g. * Biscuits & Gravy 26 g. 7 g. * Hashbrown Potato Pattie 14 g. * Fruit Cup 12 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Fiesta Chicken Pasta 18 g. * Green Beans 4 g. * Peaches 18 g. * Whole Wheat Roll 19 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Sliced Turkey 1 g. * Mashed Potatoes & Gravy 17 g. 3 g. * Whole Wheat Roll 19 g. * Green Beans 4 g. * Pears 18 g. * Pumpkin Dessert 29 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies
November 25, 2019	November 26, 2019	November 27, 2019	November 28, 2019	
THANKSGIVING BREAK				
				
December 2, 2019	December 3, 2019	December 4, 2019	December 5, 2019	December 6, 2019
* Breaded Chicken Drums 5 g. * Whole Wheat Roll 19 g. * Steamed Broccoli 3 g. * Rosey Applesauce 13 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Spaghetti w/ Meat Sauce 15 g. * Cheese Cup 1 g. * Corn 17 g. * Peaches 18 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Hot Dog 32 g. * Tri Tator 14 g. * Baked Beans 27 g. * Banana 27 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Chicken Quesadilla 38 g. * Peas & Carrots 8 g. * Fresh Orange Slices * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Hamburger w/ pickle 24 g. * Tri Tator 14 g. * Peas 10 g. * Applesauce 13 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies
December 9, 2019	December 10, 2019	December 11, 2019	December 12, 2019	December 13, 2019
* Chicken Sandwich 37 g. * Cheezy Potatoes 18 g. * Dill Sears 1 g. each * Peaches 18 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Nachos & Ground Beef 8 g. * Tortilla Chips 18 g. * Refried Beans 25 g. * Fresh Orange Wedges * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Pepperoni Pizza 35 g. * Peas & Carrots 8 g. * Pineapple Chunks 12 g. * Chocolate Chip Cookie 10 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Chicken & Noodles 23 g. * Mashed Potatoes 17 g. * Wheat Roll 19 g. * Strawberries & Bananas 28 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Ham & Cheese Sandwich 23 g. * Tri Tator 14 g. * Grapes 10 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies

This institution is an equal opportunity provider