

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
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
* BBQ Pulled Pork Sandwich 27 g. * Tri Tator 14 g. * Baked Beans 27 g. * Peaches 18 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Taco Crunch w/ Cheese 0 g. / 1 g. * Salsa 4 g. * Refried Beans 25 g. * Tortilla Chips 18 g. * Pineapple 12 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Macaroni & Cheese 44 g. * Peas 10 g. * Strawberries & Bananas 28 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Chicken & Pancakes 16 g. 16 g. * Peas & Carrots 8 g. * Pears 18 g. * 1% White Milk <i>National Pancake Day</i> ✓ Choice 1% or skim white milk * Fresh Veggies	
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
* Breaded Beef Pattie 16 g. * Mashed Potatoes & Gravy 17 g. 7 g. * Whole Wheat Roll 19 g. * Peaches 18 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Pig in Blanket 27 g. * Tri Tator 14 g. * Baked Beans 27 g. * Apple Slices * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* BBQ Meatballs (2) 28 g. * Green Beans 4 g. * Whole Wheat Roll 19 g. * Pineapple 12 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	* Tex Mex Cavatini 19 g. * Whole Wheat Roll 19 g. * Corn 17 g. * Tropical Fruit Salad 20 g. * 1% White Milk ✓ Choice 1% or skim white milk * Fresh Veggies	
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 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	* Hamburger 24 g. * Sun Chips * Baby Carrots & Broccoli * Cookie 10 g. * Apples Wedges <i>cookout @ ELC</i> ✓ 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
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 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	* Baked Ham 1 g. * Green Beans 4 g. * Whole Wheat Roll 19 g. * Pineapple Chunks 12 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

This institution is an equal opportunity provider