

Puget Sound Educational Service District Early Learning Menu

PSESD Early Learning

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Menu 0
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Due by the 5th of next month

Lunch
Sep 2014

Required 5 items for a USDA/CACFP Lunch: Milk, Grain, Fruit/Vegetable (2-Fruits, 2-Vegetables or 1 Fruit/1 Veg), Meat/Alternate. Potatoes are vegetables (not a grain). Peanut butter must be supplemented with another Meat/Alt. Use the left column to assist you components and portion sizes(2%

4 Comp-5 items	Monday	Tuesday	Wednesday	Thursday	Friday
Milk: 6 oz	1 1% Milk	2 1% Milk	3 1% Milk	4 1% Milk	5 1% Milk
Fruit/Veg	F/V Apple Wedges	F/V Mandarin Oranges	F/V Pluots	F/V Kiwi	F/V Pineapple
Fruit/Veg	F/V Steamed Broccoli	F/V Green Beans	F/V Sweet Potato, Pint Beans*	F/V Carrot and Sweet Celery Strips	F/V Sweet Peppers
Grain: 1/2s, 1/4c	G Whole Grain Breadstick	G Brown Rice	G Whole Wheat Roll	G Whole Wheat Bun	G Whole Wheat Pizza Crust
Meat: 1.5 oz.	M Roast Chicken	M Chicken Nuggets	M Chicken*	M Beef Sloppy Joe	M Cheese/Turkey Sausage
Substitutions			*See Harvest Stew		
Milk: 6 oz	8 1% Milk	9 1% Milk	10 1% Milk	11 1% Milk	12 1% Milk
Fruit/Veg	F/V Pears	F/V Apple Smiles	F/V Peaches	F/V Apricots	F/V Orange Smiles
Fruit/Veg	F/V Snap Peas	F/V Spinach/Lettuce	F/V Mixed Veggies	F/V Spinach/Lettuce	F/V Sugar Peas
Grain: 1/2s, 1/4c	G Brown Rice*	G Whole Grain Tortilla	G	G Whole Grain Bun	G Whole Wheat Bread
Meat: 1.5 oz.	M Eggs, Turkey Ham*	M Chicken Taco Meat	M Macaroni and Cheese	M Fish Patty	M Sun Butter/Jam
Substitutions	*See Stir Fried Rice	Shredded Cheese/Chunky Salsa			String Cheese
Milk: 6 oz	15 1% Milk	16 1% Milk	17 1% Milk	18 1% Milk	19 1% Milk
Fruit/Veg	F/V Apple Wedges	F/V Mandarin Oranges	F/V Pears	F/V Kiwi	F/V Berries
Fruit/Veg	F/V Broccoli*	F/V Baked Beans	F/V Squash, Spinach	F/V Peas and Carrots	F/V Sweet Potato Puffs
Grain: 1/2s, 1/4c	G Whole Grain Pasta*	G Whole Grain Bun	G WG Lasagna Noodles	G Brown Rice	G Whole Wheat Roll
Meat: 1.5 oz.	M Chicken*	M Hamburger	M Ground Beef, Cheese	M Lime Marinated Chicken Breast	M Baked Chicken
Substitutions	*See Chic Penne	Tomato Slices			
Milk: 6 oz	22 1% Milk	23 1% Milk	24 1% Milk	25 1% Milk	26 1% Milk
Fruit/Veg	F/V Apple Wedge	F/V Strawberries	F/V Pluots or Plum	F/V Orange Smiles	F/V Mango
Fruit/Veg	F/V Carrots, Potatoes, Celery	F/V Sweet Potato Fries	F/V Carrot and Celery Strips	F/V Asian Veggie Mix*	F/V Spinach and Lettuce
Grain: 1/2s, 1/4c	G Corn Bread	G Whole Wheat Roll	G Whole Wheat Bread	G Brown Rice	G Low Sodium Tortilla Chips
Meat: 1.5 oz.	M Beef Stew Meat	M Fish Nuggets	M Egg Salad	M Pork Stir Fry Meat*	M Taco Salad-Ground Turkey
Substitutions				*See Pork Stir Fry	Chunky Salsa
Milk: 6 oz	29 1% Milk	30 1% Milk	1 1% Milk	2 1% Milk	3 1% Milk
Fruit/Veg	F/V Peas and Carrots	F/V Pears	F/V Melon in season or canned fruit	F/V Apple Wedges	F/V Marinara Sauce
Fruit/Veg	F/V Baked Beans	F/V Mashed Potatoes	F/V Broccoli, onion, sweet peppers	F/V Tomato Soup	F/V Green Salad
Grain: 1/2s, 1/4c	G Brown Rice	G Whole Wheat Roll	G Whole Grain Noodles	G Whole Wheat Bread	G Whole Wheat Spagheht
Meat: 1.5 oz.	M Baked Fish	M Baked Chicken Strips	M Chicken Chow Mein	M Grilled Cheese Sandwich	M Ground Turkey
Substitutions					

For Meals served on the USDA CACFP: This institution is an equal opportunity provider.