

QUALITY TIME LEARNING CENTER

LUNCH MENU

NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Cheese Pizza (6 oz) Cheese (1.5 oz) Pizza Sauce (1/4 c) Potato Wedges (1/4 c) Fresh Cantaloupe * (1/4 c) Milk (8oz)	Chicken Tenders (1.5 oz) Brown Rice (yellowrecipe) (1/4 c) Sliced Carrots (1/4 c) Fresh Honeydew melon * (1/4 c) Milk (6 oz)	Chi-Fil-A Baked Beans (Veggie) (1/4 c) Baked Apple Slices (1/4 c) Whole Grain Burger Roll (2 oz) Milk (8oz)
6	7	11	9	10
Chili Mac (1 c) with Ground Turkey (1.5 oz) Whole Grain Penne Pasta (1/2 c) Tomato Sauce (1/8 c) Green Beans (1/4 c) Fresh Cantaloupe * (1/4 c) Milk (6 oz)	Baked Chicken (1.5 oz) Mashed Sweet Potatoes (1/4 c) Corn (1/4 c) Fresh Watermelon * (1/4 c) Whole Grain Wheat Bread (1/2 sl) Milk (6 oz)	Cheese Pizza (6 oz) Cheese (1.5 oz) Pizza Sauce (1/4 c) Mixed Veggies (1/4 c) Fresh Cantaloupe * (1/4 c) Milk (8oz)	Chicken Patty Sandwich (1.5 oz) Curried Chick Peas (1/4 c) Guava & Pineapple (1/4 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)	SCHOOL CLOSED IN OBSERVANCE OF VETERAN'S DAY
13	14	18	16	17
Whole Grain Spag (2 oz) (1/2 c) w/ Ground Turkey (1.5 oz) Tomato Sauce (1/4 c) Broccoli (1/4 c) Guava & Pineapple (1/4 c) Milk (6 oz)	Fajita Chicken (1.5 oz) Brown Rice (yellowrecipe) (1/4 c) Green Pepper & Onion (1/8 c ea.) Diced Tomato (1/8 c) Fresh Watermelon * (1/4 c) Milk (6 oz)	Cheese Pizza (6 oz) Cheese (1.5 oz) Pizza Sauce (1/4 c) Mixed Veggies (1/4 c) Fresh Cantaloupe * (1/4 c) Milk (8oz)	Lemon Curry Chicken (1.5 oz) Fried Brown Rice (1/4 c) Onion (1/4 c) Curried Chick Peas (1/4 c) Fresh Cantaloupe * (1/4 c) Milk (6 oz)	Chi-Fil-A Corn (1/4 c) Baked Apple Slices (1/4 c) Whole Grain Burger Roll (2 oz) Milk (8oz)
20	21	25	23	24
Taco w/ Ground Turkey (1.5 oz) Dice Tomato & Tomato Sauce (1/8 c) Iceberg Lettuce (1/8 c) Mexican Brown Rice (1/4 c) Black Bean & Corn Salsa (1/8 c) Pineapple Chunks (1/4 c) Whole Grain Corn Tortilla (1.5 oz) Milk (6 oz)	Open Faced Turkey Sand. (1.5 oz) Mashed Sweet Potatoes (1/4 c) Green Beans (1/4 c) Turkey Gravy (1.5 oz) Cranberry Sauce (1/4 c) Milk (6 oz)	Cheese Pizza (6 oz) Cheese (1.5 oz) Pizza Sauce (1/4 c) Broccoli (1/4 c) Fresh Cantaloupe * (1/4 c) Milk (8oz)	SCHOOL CLOSED THANKSGIVING BREAK	SCHOOL CLOSED THANKSGIVING BREAK
27	28	29	30	
Sloppy Joe (1.5 oz) with Ground Turkey (1/8 c) Tomato Joe Sauce (1/8 c) Green Beans (1/4 c) Mandarin Orange Slices (1/8 c) Whole Grain Burger Roll (1/4 c) Milk (6 oz)	BBQ Chicken Sandwich (1.5 oz) Baked Beans (Veggie) (1/4 c) Baked Apple Slices (1/4 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)	Cheese Pizza (6 oz) Cheese (1.5 oz) Pizza Sauce (1/4 c) Broccoli (1/4 c) Fresh Cantaloupe * (1/4 c) Milk (8oz)	Baked Chicken (1.5 oz) Roasted Potatoes (1/4 c) Sliced Carrots (1/4 c) Fresh Honeydew melon * (1/4 c) Whole Grain Wheat Bread (1/2 sl) Milk (6 oz)	

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 1-2 year old 4 fluid ounces whole unflavored milk; 3-5 year old 6 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

* Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come); Davids Farm, DC; dod Produce, DC. All Fruit Juices are 100% Juice

Bowie Produce, Landover MD