



# Messiah Lutheran Child Care Center

## Lunch Menu

January, February and March 2012

GREAT FOOD  
WITH EDUCATION

Quality Catering For Kids

Phone (847) 356-7513 ~ Fax (847) 356-8014

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
(closed 1/2)	1/30	2/27	3/26	1/3	1/31	2/28	3/27	1/4	2/1	2/29	3/28	1/5	2/2	3/1	3/29	1/6	2/3	3/2	3/30
Turkey Hotdog Ketchup Penne Pasta Winter Blend Sliced Pears Hotdog Bun				Chicken Patty Mashed Potatoes CV: Baby Carrots/ Ranch Dip HV: Green Beans Fresh Apple				Turkey & Cheese Wrap Shredded Lettuce Ranch Dressing 3 Way Blend Banana Soft Flour Tortilla				Chicken Alfredo Rotini Pasta CV: Tossed Salad/ Creamy Italian Dressing HV: Peas & Carrots Cinnamon Applesauce Wheat Bread				Hamburger in Au Jus Ketchup Macaroni & Cheese Capri Blend Mandarin Oranges Mini Wheat Hamburger Bun			
1/9	2/6	3/5		1/10	2/7	3/6		1/11	2/8	3/7		1/12	2/9	3/8		1/13	2/10	3/9	
Chicken Nugget Ketchup Cheesy Mashed Potatoes Peas Tropical Fruit				Waffles & Syrup with Turkey Ham & Cheese Diced Parsley Potatoes CV: Tossed Salad/ French Dressing HV: Broccoli Cranberry Applesauce				Turkey Taco Shredded Cheddar Cheese Shredded Lettuce Oregon Blend Fresh Orange Soft Flour Tortilla				Meatballs in Tomato Gravy Mashed Sweet Potatoes Italian Blend Banana Wheat Bread				Chicken Stroganoff Steamed Rice CV: Carrots & Celery/ Dill Dip HV: Quality Catering Blend Cinnamon Sliced Apples			
1/16	2/13	3/12		1/17	2/14	3/13		1/18	2/15	3/14		1/19	2/16	3/15		1/20	2/17	3/16	
Hawaiian Chicken Steamed Rice Capri Blend Pineapple Chunks Italian Bread				Turkey Ham & Cheese Wrap Shredded Lettuce Mustard Corn Fresh Fruit Soft Flour Tortilla				Turkey Hotdog Ketchup Penne Pasta CV: Southwestern Salad HV: Winter Blend Banana Hotdog Bun				Chicken Tender Wrap with BBQ Dip 3 Way Blend Fresh Orange Soft Flour Tortilla				Cheesy Meatballs Diced Parsley Potatoes CV: Sliced Cucumbers/ Cucumber Dip HV: Oregon Blend Tropical Fruit Wheat Dinner Roll			
1/23	2/20	3/19		1/24	2/21	3/20		1/25	2/22	3/21		1/26	2/23	3/22		1/27	2/24	3/23	
Meatballs in Au Jus Mashed Potatoes Green Beans Applesauce Wheat Bread				Penne Pasta & Meat Sauce CV: Tossed Salad/ 1000 Island Dressing HV: Winter Blend Sliced Pears Rye Bread				Sloppy Joe Macaroni & Cheese Peas & Carrots Tropical Fruit Mini Wheat Hamburger Bun				Walking Taco Shredded Cheddar Cheese Shredded Lettuce Steamed Rice Capri Blend Fresh Fruit Corn Chips / Foam Bowl				Chicken Tenders Ranch Dip CV: Zucchini Slices/ Ranch Dip HV: Quality Catering Blend Sliced Peaches			

www.qualitycateringforkids.com

January, February, March 2012 menus provided by Quality Catering approved by Jordan Kaplan, B.S. Food Science and Human Nutrition

~Nutrition & ingredient information regarding these entrees are available on our website.

Note: Fresh fruit and vegetables subject to occasional change based on availability and quality.

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