

Gleaners CACFP Dinner Menu B2 2020-21

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Burrito Bowl		Chicken Tacos		Peanut Butter And Jelly Wrap		Pasta with Tomato Sauce		Tuna Salad Wrap	
Grain	1/2 c brown rice	Grain	1- 6 in whole grain tortilla	Grain	1 -6 in whole grain tortilla	Grain	1/2 c whole grain pasta	Grain	1 -6 in whole grain tortilla
M/MA	1/2 c pinto beans	M/MA	1 oz canned chicken, 1 oz cheese	M/MA	4 Tbs. peanut butter	M/MA	2 oz canned chicken	M/MA	2 oz canned tuna
Fruit	1/4 c applesauce	Fruit	1/4 c mixed fruit	Fruit	1/4 c. canned pears	Fruit	1/4 c mixed fruit	Fruit	1/4 c Applesauce
Vegetable	1/4 c salsa, 1/4 c corn	Vegetable	1/4 c salsa, 1/4 c diced tomatoes	Vegetable	1/2 c. canned carrots	Vegetable	1/2 c tomato/marinara sauce	Vegetable	1/2 c canned mixed vegetables
Milk	8 fl oz 1% unflavored milk	Milk	8 fl oz 1% unflavored milk	Milk	8 fl oz 1% unflavored milk	Milk	8 fl oz 1% unflavored milk	Milk	8 fl oz 1% unflavored milk
				Other	1 packet jelly			Other	1 packet low-fat mayo
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chicken Salad and Crackers		Cheesy Rice & Beans		Chicken Quesadilla		Tuna Salad Wrap		Flatbread Pizza	
Grain	1 oz grain equivalent whole grain crackers	Grain	1/2 c brown rice	Grain	1- 6in whole grain tortilla	Grain	1- 6in whole grain tortilla	Grain	1- 6in whole grain tortilla
M/MA	2 oz canned chicken	M/MA	1/4 c pinto beans and 1 oz cheese	M/MA	2 oz cheese, 2 oz chicken	M/MA	2 oz canned tuna	M/MA	2 oz cheese
Fruit	1/4 c applesauce	Fruit	1/4 c canned pears	Fruit	1/4 c mixed fruit	Fruit	1/4 c canned pears	Fruit	1/4 c canned pears
Vegetable	1/2 c canned peas	Vegetable	1/2 c canned peas	Vegetable	1/4 c pinto beans, 1/4 c salsa	Vegetable	1/2 c mixed vegetables	Vegetable	1/4 c tomato/marinara sauce, 1/4 cup mixed vegetables
Milk	8 fl oz 1% unflavored milk	Milk	8 fl oz 1% unflavored milk	Milk	8 fl oz 1% unflavored milk	Milk	8 fl oz 1% unflavored milk	Milk	8 fl oz 1% unflavored milk
Other	1 packet low-fat mayo					Other	1 packet low-fat mayo		

This institution is an equal opportunity provider