



October 2017

***12-23 Months Served with 4oz Plain Whole Milk, 24-35 Months Served with 4oz Plain 1% Milk, 36 Months - 5 years Served with 6oz Plain 1% Milk, School Age Served 8oz Plain 1% or Fat Free Milk ***
 (1-2 Year Old Substitutions listed in italics)

Meal	Sunday 10/1	Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6	Saturday 10/7
Breakfast	Cream of Wheat -Fruit -Milk	Rice Krispies Cereal -Fruit -Milk	½ Whole Grain English Muffin -Fruit Spread -Fruit -Milk	Hard Boiled Egg -Fruit -Milk	Raisin Bread w/ Butter -Fruit -Milk	Blueberry Bagel -Cream Cheese -Fruit -Milk	Scrambled Eggs -Breakfast Potatoes
Lunch	BBQ Chicken Wings -Celery Sticks (Peas) -Blue Cheese Dressing -Brown Rice -Fruit -Milk	Meatball Hoagie -Meatballs -Whole Grain Bun -Cali. Veg Blend -Fruit -Milk	Turkey & American on Roll -Deli Turkey -Am. Cheese -Low Fat Mayo -Sandwich Roll -Celery Sticks or Peas -Fruit -Milk	Teriyaki Chicken -Chicken in Teriyaki Sauce -Garlic Green Beans -Brown Rice -Fruit -Milk	Egg & Cheese Wrap -Scrambled Egg Patty -American Cheese -6" Flour Tortilla -Breakfast Potatoes -Fruit -Milk	Roast Chicken w/ Gravy -Roast Chicken -Dinner Roll -Garden Salad or Mixed Veg -Ranch Dressing -Fruit -Milk	Spanish Chicken with Rice and Beans -Spanish Chicken -Rice and Beans -Corn -Fruit
Dinner	Beef Pot Roast -Roasted Red Potatoes -Green Beans -Dinner Roll -Milk	Chicken Taco Rice Bowl -Grilled Chicken Taco Meat -Lettuce, Corn, Black Beans -Mexi-Rice -Fruit -Milk	Hamburger with Cheese -Beef Patty -Sandwich Roll -Fruit -Potato Salad	Tortellini Salad with Diced Turkey/Turkey Ham -Fresh Sliced Cucumbers -Ranch Dressing -Fruit	Chicken Sloppy Joes -Chicken in BBQ Sauce -Sandwich Roll -Baked Beans -Fruit	Chicken Dumplings and Vegetable Fried Rice -Chicken Dumplings (2 Each) -Vegetable Fried Rice -Asian Vegetable Blend -Fruit	Lasagna -Beef and Cheese -Pasta -Broccoli -Fruit
Snack	Egg Salad Slider	Yogurt -Granola	Cheddar Cheese -Whole Wheat Crackers	Pretzels -Banana	Graham Crackers -Sliced Apples	Baked Cheese Crackers -Diced Cucumbers	Blueberry Applesauce -Harvest Wheat Crackers

PM Snack	Whole Grain Soft Pretzels -Cheese Sauce	Sliced Melon -Snap Peas	Spiced Apples -Granola	-Cottage Cheese -Fruit Salad	½ Pear -String Cheese	Avocado -Wheat Bread	Tuna Mac Salad
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This institution is an equal opportunity provider.

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Meal	Sunday 10/8	Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13	Saturday 10/14
Breakfast	Oatmeal -Fruit -Milk	Cheerios -Fruit -Milk	Corn Muffin -Fruit -Milk	Yogurt -Berry Topping -Fruit -Milk	Banana Bread -Fruit -Milk	Whole Grain Bagel -Cream Cheese -Fruit -Milk	Waffles -Fruit
Lunch	Beef and Broccoli -Steak Meat and Broccoli in Teriyaki Sauce -Brown Rice -Fruit -Milk	Tuna Salad -Wheat Bread -Fresh/Cooked Broccoli -Ranch Dressing -Fruit -Milk	Beef Taco Salad -Taco Beef -Toppings (Cheddar, Lettuce, Salsa -Tortilla Shell -Corn -Fruit -Milk	Balsamic Chicken -Diced Chicken Breast -Sautéed Spinach & Couscous -Fruit -Milk	Turkey Ham & Eggs -Turkey Ham -Scrambled Egg -Wheat Bread -Fruit Spread -Breakfast Potatoes -Fruit -Milk	Mac & Cheese -Peas -Fruit -Milk	Deli Turkey Sandwich -Turkey and American -Mayo -Wheat Bread -Celery Sticks (Green Beans) -Fruit -Milk
Dinner	Baked Tilapia with Pineapple Salsa -Tilapia -Pineapple Salsa -Brown Rice -Mixed Veg -Fruit -Milk	Hot Roast Beef Sandwich -Roast Beef in Au Jus -Hoagie Roll -Carrot Sticks (Cooked Carrots 1-2) - Ranch -Fruit -Milk	Chicken Salad on Bed of Lettuce -Chicken Salad -Lettuce -Dinner Roll -Fruit -Milk	Beef Ravioli -Beef Ravioli in Marinara Sauce -Green Beans -Bread Stick -Fruit -Milk	Meatloaf -Meatloaf in Gravy -Mashed Potatoes -Green Beans -Dinner Roll -Milk	Chicken Sausage Sandwich -Sliced Chicken Sausage w/ Peppers and Onions in Sauce -Hoagie Roll -Potato Wedges -Ketchup -Fruit -Milk	Tangy Meatballs -Tangy Meatballs -Dinner Roll -Peas and Carrots -Fruit -Milk

Snack 1	Roast Beef Slider	Nan Bread -Marinara Sauce	String Cheese -Harvest Wheat Crackers	Tortilla Chips -Salsa	Animal Crackers -Sliced Apples	Goldfish Crackers -Diced Cucumbers	Strawberry Applesauce -Harvest Wheat Crackers
Snack 2	Cheese Quesadillas	¼ Soy Butter & Jelly Sandwich on Wheat Bread	Oatmeal Cereal Bar -Strawberries	Tomato & Mozz Salad	Sliced Apples -Cheddar Cheese	Blueberry Muffin -Fruit Salad	Hearty Pasta Salad



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Meal	Sunday 10/15	Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20	Saturday 10/21
Breakfast	Grits -Fruit	Corn Flakes -Fruit -Milk	English Muffin -Fruit Spread -Fruit -Milk	Hard Boiled Egg -Fruit -Milk	Pumpkin Bread -Fruit -Milk	Cinnamon Raisin Bread -Butter -Fruit -Milk	Quiche Lorraine -Fruit
Lunch	Chicken and Waffles -Diced Chicken -Waffles -Potatoes -Fruit -Milk	Chicken Cheese Steak -Chicken Steak meat in Marinara Sauce -Shredded Mozz Cheese -Whole Grain Bun -Cooked Carrots -Fruit -Milk	Fish Sticks -Coleslaw -Tartar Sauce -Fruit -Milk	Cheese Burger -Hamburger -American Cheese -Ketchup -Sandwich Roll -Tator Tots -Fruit -Milk	Chicken in Mushroom Sauce -Diced Chicken in Mushroom Sauce -Brown Rice -4 way Veg Blend -Fruit -Milk	Baked Beans w/ Diced Turkey -Bread Stick -Garden Salad or Cal. Veg Blend -Ranch Dressing -Fruit -Milk	Smothered Beef Over Rice -Fajita Beef -Peppers and Onions -Cheddar Cheese -Brown Rice -Fruit -Milk
Dinner	Western Scramble -Eggs, Turkey Ham, Peppers, Onions -Breakfast Potatoes -Wheat Bread with Fruit Spread -Fruit -Milk	Broccoli Cheese Soup -Broccoli Cheese Soup -Saltine Crackers -Cooked Carrots -Fruit -Milk	Turkey Ham and Cheese Wrap -Turkey Ham -American Cheese -Mustard -Tortilla Wrap -Cucumber Salad -Fruit -Milk	Beef Enchiladas -Fajita Beef, Cheddar Cheese in Tortilla Shell -Mexi-Rice -Cooked Corn -Fruit -Milk	Garden Salad Topped with Hard Boiled Egg -Lettuce Mix -Tomatoes/Cucumbers -Italian Dressing -Dinner Roll -Fruit -Milk	Breaded Chicken Tenders -Honey Mustard -Peas -Fruit -Milk	Baked Turkey Ham -Brown Rice -Peas and Carrots -Fruit -Milk

Snack 1	Tuna Salad Slider	Hummus -Pita Bread	Yogurt -Granola	Cheddar Cheese -Whole Grain Crackers	Pretzels -Banana	Graham Crackers -Sliced Apples	Blueberry Applesauce -Harvest Wheat Crackers
Snack 2	Whole Grain Soft Pretzels -Cheese Sauce	Deli Turkey Ham -Sliced Pineapple	Sliced Melon -Snap Peas	Spiced Apples -Granola	Cottage Cheese -Fruit Salad	½ Pear -String Cheese	Tuna Mac Salad



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Meal	Sunday 10/22	Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27	Saturday 10/28
Breakfast	Cream of Wheat -Fruit -Milk	Rice Krispies Cereal -Fruit -Milk	Corn Muffin -Fruit -Milk	Yogurt -Berry Topping -Fruit -Milk	Zucchini Bread -Fruit -Milk	Blueberry Bagel -Cream Cheese -Fruit -Milk	Turkey Sausage -Breakfast Potatoes
Lunch	Turkey with Gravy -Turkey with Gravy -Mashed Potatoes -Spiced Apples -Stuffing -Milk	Breaded Chicken Sandwich -Breaded Chicken Patty -Mayo/Ranch Dressing -Sandwich Roll -Fresh/Cooked Broccoli -Fruit -Milk	Baked Ziti -Ground Beef, Sauce, Ricotta, Pasta Garlic Green Beans -Fruit -Milk	White Bean & Fennel Stew -Brown Rice -Fruit -Milk	Scrambled Eggs w/ Turkey Sausage -Wheat Bread -Fruit Spread -Breakfast Potatoes -Fruit -Milk	Creamed Chicken & Biscuits -Diced Chicken -Biscuit -Corn -Fruit -Milk	Balsamic Chicken Breast -Balsamic Chicken -Spinach and Couscous -Fruit -Milk
Dinner	Cheeseburger Pasta -Ground Beef, Cheese Sauce -Pasta -Broccoli -Fruit -Milk	Macaroni and Cheese -Pasta in Cheese Sauce -California Veg Blend -Fruit -Milk	Turkey Pot Roast -Red Potatoes -Rice -Fruit -Milk	Broiled Tilapia with Pineapple Salsa -Broiled Tilapia Filet -Sautéed Spinach and Couscous -Fruit -Milk	Chicken Stir Fry -Teriyaki Chicken -Asian Vegetables -Asian Blend Rice -Fruit -Milk	Eggplant Parmesan -Breaded Eggplant -Mozzarella Cheese -Pasta -Broccoli -Fruit -Milk	Beef Chili -Ground Beef, Kidney Beans, Tomatoes -Brown Rice -Fruit -Milk

Snack 1	Turkey Ham Slider	Baked Cheese Crackers -Diced Cucumbers	Nan Bread -Marinara Sauce	String Cheese -Wheat Crackers	Tortilla Chips -Salsa	Animal Crackers -Sliced Apples	Strawberry Applesauce -Harvest Wheat Crackers
Snack 2	Cheese Quesadillas	Avocado -Wheat Bread	Soy Butter & Jelly Sandwich on Wheat Bread	Oatmeal Cereal Bar -Strawberries	Tomato & Mozz Salad	½ Apple Cheddar Cheese	Hearty Pasta Salad



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Meal	Sunday 10/29	Monday 10/30	Tuesday 10/31	Wednesday	Thursday	Friday	Saturday
Breakfast	Oatmeal -Fruit	Cheerios -Fruit -Milk	English Muffin -Fruit Spread -Fruit -Milk				
Lunch	Shepherd's Pie -Ground Beef Veg/Mashed -Dinner Roll -Fruit -Milk	Sloppy Joe -Ground Beef BBQ -Sandwich Roll -Peas -Fruit -Milk	Roast Turkey w/ Apples -Sweet Potato Fries -Pumpkin Bread -Fruit -Milk				
Dinner	Shrimp and Broccoli Alfredo -Shrimp in Alfredo Sauce w/ Broccoli -Pasta -Peas -Fruit	Turkey Ham and Cheese on a Bagel -Turkey Ham -American Cheese -Bagel -Corn and Black Bean Salad -Fruit -Milk	Cheese Tortellini in Meat Sauce -Cheese Tortellini -Meat Sauce -Bread Stick -Green Beans -Fruit -Milk				

Snack 1	Chicken Salad Slider	Goldfish Crackers -Diced Cucumbers	Hummus -Pita Bread				
Snack 2	Whole Grain Soft Pretzels -Cheese Sauce	Blueberry Muffin -Fruit Salad	Deli Turkey Ham -Sliced Pineapple				