

# October 2019 MENU

(Weeks 8-4)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY								
<b>No School Day</b>		<b>1</b>	**Mini Strawberry Pancakes		<b>2</b>	Peach Oatmeal muffin (WG)		<b>3</b>	Bagel w/ Cream Cheese		<b>4</b>					
<b>Early Release</b>			Banana	B		Mixed Fruit	B		Applesauce	B						
Milk is served unless otherwise noted. (WG)=Whole Grain  White skim milk is served (1 fat gram/cup).  **Egg free substitution provided. White whole milk is served to 1 year olds (18 fat grams/cup).			Shepards Pie			Beef, Bean, Cheese Burrito (wg)			BBQ rib patty on bun (WG)			<b>Center Closed - CREDIT</b>				
		Mixed Vegetables		corn		Baked Beans										
		Tropical fruit		Pineapple		Orange Slices										
		breat/butter														
		Blueberry Yogurt/ toasted oats(wg)		S		Animal Crackers		S								
						Cinnamon Crackers (WG)		S								
<b>7</b>	Cereal-Toasted Oats (WG)		<b>8</b>	Waffles w syrup		<b>9</b>	Toasted English Muffin		<b>10</b>	Cinnamon Biscuit (WG)		<b>11</b>				
	Juice-Peach Mango			Banana	B		Mandarin Oranges	B		Applesauce	B		Cereal-Rice Chex (WG)	B		
	LUNCH			Chicken Alfredo & Noodles			Cheesy Ham & Potatoes			Taco Goulash (WG macaroni)			LUNCH		Juice-White Grape	LUNCH
				Lettuce Salad			Cinnamon Apples			Lettuce Salad					<b>Bean&amp;Cheese Rollup (WG)</b>	
				Apricots			Bread/Butter (WG)			Tropical Fruit					Broccoli w/Dip	
				Chex Mix (WG)			S			Cottage Cheese			S		Oranges	S
						Pineapple		S		Cheese Sandwich (WG)	S					
						Bagel (WG)/Cream Cheese		S								
<b>14</b>	Cereal-Crispix		<b>15</b>	Waffle (WG)		<b>16</b>	Applesauce Squares (WG)		<b>17</b>	Toasted Bagel (WG)		<b>18</b>				
	Juice-Strawberry Banana			Banana	B		Mandarin Oranges	B		Applesauce	B		Cereal-Life (WG)	B		
	LUNCH			Cowboy Casserole			BBQ Cocktail Weiners			*Mini Corndogs/Bologna & Cheese Rollup (WG)			LUNCH		Juice-Apple	LUNCH
				Peas			Green Beans			Broccoli w/dip					Chili with Saltines	
				Fruit Cocktail			Peaches			Pineapple					Cucumbers w/dip	
		Tortilla Chips (WG)		Macaroni & Cheese (WG)		Sweet Potato Muffins (WG)		S		Apple Slices	S					
		Graham Crackers (WG)		S		Wheat Thins/ saltines (WG)		S		Banana Bread (WG)	S					
<b>21</b>	Cereal-Crisped Rice		<b>22</b>	<b>French Toast Sticks (WG)</b>		<b>23</b>	**Apple Breadstick(WG)		<b>24</b>	Biscuit (WG)		<b>25</b>				
	Juice-Green Watermelon			Banana	B		Mandarin Oranges	B		Applesauce	B		Cheerios (WG)	B		
	LUNCH			Chicken&Cheese Burrito (WG)			Tator Tot Casserole			Chicken & Noodles			LUNCH		Juice-Cherry	LUNCH
				Romaine Lettuce Salad			Apricots			Romaine Lettuce Salad					Hotdog w bun	
				Tropical Fruit			WG Garlic Breadstick			Cinnamon Apples					Carrot Sticks w/dip	
		Saltine Crackers		S		Cheese Stick		S		Mandarin Oranges	S					
						Tortilla Chips (WG)		S		Animal Crackers	S					
<b>28</b>	Cereal-Corn Chex (WG)		<b>29</b>	<b>**Mini Pancakes (WG)</b>		<b>30</b>	English Muffin		<b>31</b>	Bagelw/Cream Cheese(WG)		<b>Milk is served unless otherwise noted. (WG)=Whole Grain</b>				
	Peach Mango			Banana	B		Mandarin Oranges	B		Applesauce	B		8th Continent soy milk is substituted for some children.			
	LUNCH			(WG)			Cheeseburger Casserole			Tuna & Noodles (WG macaroni)				LUNCH		
				Green Beans			Carrots			Mixed Vegetables						
				Fruit Cocktail			Pineapple			Peaches						
				Strawberry Yogurt/ Toasted Oats			S			Bread/Butter (WG)					S	
						Townhouse Crackers/ Cheese slice		S								
						Cinnamon Cracker (WG)		S								