

October 2017



Oct.9th-13th & Oct.23rd-Oct.27th

MEAL	COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit or Veg. Bread/Grain	Milk 100% juice Cheerios	Milk Bananas Waffles	Milk 100% Juice Toasted Bagels w/cream cheese	Milk Fresh Oranges Pancakes	Milk 100% Juice Cheesy Toast
Lunch	Milk Meat Veg. or fruit Fruit or Veg. Bread/Grain	Milk Chicken Nuggets Green Beans Mandarin Oranges "nuggets"	Milk Spaghetti w/meat Tomato sauce Peas Spaghetti noodles	Milk Chicken & Rice Corn Pears "Rice"	Milk Turkey Fingers Mashed Potatoes Mixed Fruit "Turkey Fingers"	Milk Meatballs & Gravy Broccoli Peaches Rice
PM Snack	Any 2 components	Goldfish 100% Juice	Saltine Crackers American Cheese Slices	Pretzels 100 % Juice	Animals Crackers Yogurt	Cheez It's 100% Juice



Oct.2nd-6th & Oct.16th-20th

MEAL	COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Milk Fruit or Veg. Bread/Grain	Milk 100% juice Cheerios	Milk Bananas French Toast w/Syrup	Milk 100% Juice Toasted Bagels w/cream cheese	Milk Fresh Oranges Pancakes w/syrup	Milk Bananas Cheese Toast
Lunch	Milk Meat Veg. or fruit Fruit or Veg. Bread/Grain	Milk Fish Sticks Cooked Carrots Applesauce "Fish Sticks"	Milk Chicken Alfredo Pasta Peas Mixed Fruit "Pasta"	Milk Beef Ravioli's Corn Pears "Ravioli"	Milk Hamburgers French Fries Peaches Hamburger Buns	Milk Corn Dogs Green Beans Applesauce "Corn Dog"
PM Snack	Any 2 components	Goldfish 100% Juice	Saltine Crackers American Cheese Slices	Pretzels 100 % Juice	Animals Crackers Yogurt	Cheez It's 100 % Juice

- Vegetarian options:
- Soy Butter Sandwich
- Soy Nuggets
- Grilled Cheese Sandwich

1% Milk is served to all children 2 years old and up. Children 12-24 months are served whole Milk. Water is served at all meals. No Peanut Products.