

October MENU 2021

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.

Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.

October 4-8

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit Skim Milk	French Toast Fresh Fruit or potato rounds Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Chicken Nuggets (child nutrition approved, whole grain breeding) Baked beans (canned) Pears (canned) Skim milk	Sloppy Joes on whole wheat buns Fresh baby carrots w/dip Green beans (canned) Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Corn Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple Skim milk	Spaghetti (whole grain noodles) w/lean ground turkey and tomato sauce Fresh Salad Skim milk
Snack	Apples & Chesse Slices Water	Popcorn 100% Fruit Juice	Assorted Cracker Medley 100% Fruit Juice	Goldfish Crackers Milk	Teddy Grahams 100% Fruit Juice

October 11-15

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Pancakes Fresh Fruit or Potato Rounds Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Ham & Cheese Sandwich on whole wheat bread Baked Fries Apples Skim milk	BBQ Chicken on a whole wheat bun Peas (frozen) Applesauce (canned) Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Baby Carrots w/dip Skim Milk	Hamburger Gravy over mashed potatoes Mixed Veggies - Calif. Blend Whole wheat Rolls Skim milk	Tacos (ground turkey, cheese & fresh lettuce on a whole grain taco shell) Ranch beans (canned) Skim Milk
Snack	Whole grain tortilla Chips & salsa (grated cheese for toddlers) and water	Whole wheat bread w/cinnamon butter Milk	Pretzels 100% Fruit Juice	String Cheese Ritz Water	Oyster Crackers 100% Fruit Juice

October 18-22

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit Skim Milk	Whole Wheat French Toast, Fresh Fruit or potato rounds Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Turkey & cheese Wrap (Turkey & cheese slices in a whole wheat tortilla) Mandarin Oranges Fresh Cucumber spears w/dip Skim milk	Spanish Rice w/lean ground turkey and tomato sauce Green beans (canned) Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Salad Skim Milk	Chicken Alfredo (chicken, noodles and alfredo sauce) Peas (frozen) Peaches Skim milk	Corn Dog (Child Nurtition approved) Baby Carrots w/dip Baked beans (canned) Skim milk
Snack	Yogurt & Whole grain Cereal Pieces and Water	Graham Crackers Milk	Animal Crackers 100% Fruit Juice	Pita bread w/dip 100% Fruit Juice	Saltines and Cottage Cheese, Water

October 25-29

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/ Cream Cheese Fresh Fruit Skim Milk	Pancakes Fresh Fruit or Potato Rounds Milk	Muffins (whole grain) Fruit Fresh skim Milk	Hard Boiled Eggs Bananas Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chicken Patties (child nutrition approved, whole grain breeding) Mixed Veggies - Cali blend Mashed Potatoes w/gravy Skim milk	Sloppy Joes on whole wheat buns Fresh cauliflower w/dip Fruit Cocktail (canned) Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Corn (canned) Skim Milk	Lasagna Noodles (made w/ ground beef, cheese and tomato sauce over whole grain noodles) Green beans (canned) Skim Milk	Taco Salad (lean ground turkey, cheese & fresh lettuce on whole corn chips) Ranch Style beans (canned) Skim milk
Snack	Assorted Crackers 100% Fruit Juice	Apples & Cheese Slice Water	Whole wheat bread w/cinnamon butter, Milk	Popcorn 100% Fruit Juice	Teddy Grahams 100% Fruit Juice

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