

October MENU 2022

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 & berries (when in season). We order fresh fruit depending upon the price and availability.

October 3-7

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/ Cream Cheese Fresh Fruit, Skim Milk	Hardboiled Eggs Bananas Skim Milk	Muffins (whole grain) Fruit Fresh skim Milk	Oatmeal (whole grain) w/brown sugar Fresh Fruit, Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Brunch Day: Cheese Omelets Tator Tots Blueberries Whole wheat Toast Skim milk	Shepherd's Pie (mashed potatoes, ground turkey, green beans and cheese) Whole wheat Rolls Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Baby Carrots w/dip Extra marinara sauce for dipping, Skim Milk	Sweet and Sour Chicken over brown rice Broccoli (frozen) Pineapple (canned) Skim milk	Taco Salad (lean ground turkey, cheese & fresh lettuce on whole corn chips) Ranch Style beans (canned) Skim milk
Snack	Animal Crackers Milk	Popcorn (WG) 100% Fruit Juice	Yogurt & Whole Grain Cereal Pieces, Water	Pita bread (whole grain) w/dip & 100% Fruit Juice	Cottage Cheese Saltines, water

October 10-14

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain 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	Chicken Patties (child nutrition approved, whole grain breading) Mixed Veggies - Cali blend Mashed Potatoes w/gravy Skim milk	Sloppy Joes (lean gr. Beef) on whole wheat buns Baked beans peaches (canned) Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cauliflower w/dip Extra marinara sauce for dipping, Skim Milk	Homemade Macaroni and Cheese (made with whole grain macaroni) with diced ham Peas (frozen) Pears (canned) Skim Milk	Turkey & cheese Wrap (Turkey & cheese slices in a whole wheat tortilla) Fresh Strawberries Fresh Cucumbers w/dip Skim milk
Snack	String Cheese & Ritz, water	Tiger Bite grahams (WG) Milk	wheat Thins (WG) 100% Fruit Juice	Whole grain tortilla Chips & salsa (grated cheese for toddlers) and Water	Pretzels 100% Fruit Juice

October 17-21

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit & Skim Milk	Pancakes Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Turkey dogs on a whole wheat bun Baked beans (canned) Fruit Cocktail (canned) Skim milk	Teriaki Beef (lean gr. beef) over brown rice Broccoli (frozen) Pineapple (canned) Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh salad Extra marinara sauce for dipping, Skim Milk	Spaghetti (whole grain noodles) w/lean ground turkey and tomato sauce Green Beans (canned) Skim milk	Chicken Taco Soup made with a tomato broth, veggies and shredded cheese Whole Corn Tortilla Chips Apples Skim Milk
Snack	Apples & Cheese Slice Water	Goldfish Crackers (WG) 100% Fruit Juice	Whole wheat bread w/cinnamon butter, Milk	Triscuits (WG) 100% fruit juice	grahams crackers Milk

October 24-28

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit, Skim Milk	Scrambled Eggs Fresh Fruit, Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Biscuits and gravy Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Ham and Cheese Sandwich on whole wheat bread Blueberries Cucumber Spears w/dip Skim milk	BBQ Chicken on a whole wheat bun Peas (frozen) Diced Pears (canned) Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Baby Carrots w/dip Extra marinara sauce for dipping, Skim Milk	Hamburger gravy over potatoes Mixed Vegetables (Calif. Style) Whole wheat rolls Skim milk	Tacos (ground turkey, cheese & fresh lettuce on a whole grain taco shell) Ranch beans (canned) Skim Milk
Snack	Animal Crackers Milk	Popcorn (WG) 100% Fruit Juice	Yogurt & Whole Grain Cereal Pieces, Water	Pita bread (whole grain) w/dip & 100% Fruit Juice	Cottage Cheese Saltines, water

October 31- November 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit, Skim Milk	Whole Grain French Toast Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Hard Boiled Eggs Bananas Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Tuna and Cheese Sandwich on whole wheat bread Pears (canned) Baby Carrots w/dip Skim milk	Haystacks (brown rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cauliflower w/dip Extra marinara sauce for dipping, Skim Milk	Lasagna Noodles (made w/ lean ground turkey, cheese and tomato sauce over whole grain noodles) Fresh Salad Skim Milk	Chicken Nuggets (child nutrition approved, whole grain breeding) Baked beans (canned) Strawberries (fresh) Skim milk
Snack	String Cheese & Ritz, water	Whole grain tortilla Chips & salsa (grated cheese for toddlers) and Water	Wheat Thins (WG) 100% Fruit Juice	Tiger Bite Grahams (WG) Milk	Pretzels 100% Fruit Juice

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