



October 2019 Menu



*Whole milk is served to children 2 and under

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	30 Sausage Pattty/Wheat Bread Slice 1% Milk	1 Whole Grain Pancake with Sugar Free Syrup/1% Milk	2 Omelet/1% Milk	3 Whole Grain Cereal/1% Milk	4 Golden Biscuit/1% Milk
Lunch	BBQ Chicken Sandwich on White Bun/Succotash/Diced Pears/1% Milk	Cheese Ravioli with Marinara Sauce/Steamed Broccoli/Mandarin Oranges/1% Milk	Salisbury Steak with Brown Gravy/Mashed Potatos/Fresh Apple Slices/1% Milk	Baked Beef Nuggets/Diced Peaches/Steamed Peas/ 1/2 Slice Wheat Bread/1% Milk	Beef Taco's on Whole Grain Tortillas with Shredded Cheese/Diced Pineapple/Steamed Green Beans/1% Milk
PM Snack	Strawberries with Whipped Fruit Dip/Graham Crackers/Chilled Water	Fresh Banana's/Vanilla Wafers/Chilled Water	Strawberry or Peach Yogurt/Craisins/Chilled Water	Fresh Carrot w Ranch Dressing/Wheat Crackers/Chilled Water	Goldfish Crackers/100% Fruit Juice
Vegetarian	Macaroni and Cheese Nugget	Cheese Ravioli	Vegetable Nugget	Corn Nugget	Cheese Quesadilla
AM Snack	7 Pancake Wrapped Sausage Nuggets/1% Milk	8 Croissant/1% Milk	9 Oatmeal with Baked Apples/1% Milk	10 Whole Grain Cereal/1% Milk	11 Turkey Bacon/Wheat Bread Slice/1% Milk
Lunch	Baked Macaroni and Cheese/Diced Peaches/Steamed Pea's/1% Milk	Sloppy Joes on Whole Wheat Bun/Steamed Vegetable Medley/Mandarin Oranges/1% Milk	Meatloaf/Broccoli&Cauliflower Mix/Diced Pears/Wheat Bread Slice/1% Milk	Baked Corn Dog Nuggets/Dinner Roll/Lima Beans/Diced Pineapple/1% Milk	Beef Stew with Mixed Vegetables, Wheat Bread Slice, Tropical Fruit/1% Milk
PM Snack	Caramel Quaker Rice Cakes/ 100% Fruit Juice	Pita Bread Triangle with Roasted Red Pepper Hummus	Sun Butter Spread with Graham Crackers/Chilled Water	Strawberry Chex Mix with Mixed Berry Blend/Chilled Water	Animal Crackers/Fresh Orange Slices/Water
Vegetarian	Creamy Butter Noodles	Sunbutter and Jelly Sandwich	Corn Nugget	Macaroni and Cheese Nugget	Vegetable Nugget
AM Snack	14 Whole Grain Waffle with Sugar Free Syrup/1% Milk	15 French Toast with Sugar Free Syrup/1% Milk	16 Blueberry Bagel with Cream Cheese Spread/1% Milk	17 Whole Grain Cereal/1% Milk	18 English Muffin with Apple Butter/1% Milk
Lunch	Fiesta Rice with Beef Crumbles/Steamed Peas/Diced Pears/1% Milk	Baked Chicken Sandwich on White Bun/Tropical Fruit Mix/Grilled Squash&Zucchini/1% Milk	Beef Burrito/Mixed Vegetables/Pineapples/1% Milk	Baked Chicken Nuggets/Steamed Carrots/Diced Peaches/Wheat Dinner Roll/1% Milk	Cheese Pizza/Steamed Green Beans/ Mandarin Oranges/1% Milk
PM Snack	Ritz Crackers/Cheddar Cheese Cubes/Chilled Water	Fig Newton Bars/Chilled Water	Fresh Diced Apples/Oyster Crackers/Chilled Water	Goldfish/100% Fruit Juice	Fresh Pear/Wheat Crackers/Chilled Water
Vegetarian	Fiesta Rice with Pinto Beans	Sunbutter and Jelly Sandwich	Macaroni and Cheese Nugget	Vegetable Nugget	Cheese Pizza
AM Snack	21 Blueberry Muffin/1% Milk	22 Raspberry Nutri-Grain Bar/1% Milk	23 Baked Golden Hashbrown/1% Milk	24 Whole Grain Cereal/1% Milk	25 Toast with Grape Jelly/1% Milk
Lunch	Mozzarella Cheese Bread/Diced Pears/Steamed Green Beans/1% Milk	Hamburgers on White Bun/Steamed Broccoli/Pineapple Tidbits/1% Milk	Whole Grain Spaghetti/Succotash/Mandarin Oranges/1% Milk	Baked Fish Nuggets/Wheat Bread Slice/Steamed Peas/Diced Peaches/1% Milk	Lean Ground Beef Meatballs/Steamed Vegetable Medley/Tropical Fruit Mix/Dinner Roll
PM Snack	Cheese-Its/100% Fruit Juice	Mozzarella Cheese Stick/Fresh Diced Apples/Chilled Water	Apple Sauce Cups Pretzels/ Chilled Water	Strawberry Cheerio Snack Bar/Chilled Water	Fresh Canteloupe/Graham Crackers/Chilled Water
Vegetarian	Mozzarella Cheese Bread	Macaroni and Cheese Nugget	Baked Ziti	Vegetable Nugget	Baked Corn Nugget

