



October 2021 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack					Fruit & Veggie Crackers
Lunch					Warm Waffles, Tater Tots, Mixed Veggies, Mandarin Oranges, & Milk
PM Snack					Breadsticks & Marinara
AM Snack	4 Graham Crackers & Apple Butter	5 NutriGrain Bars & Milk	6 Crackers & Pears	7 Vanilla Yogurt & Blueberries (I/T: bananas)	8 Fig Newtons & Mandarin Oranges
Lunch	Chicken Nuggets (V: Soy Nuggets), Diced Carrots, Pineapple Tidbits, Milk	Brown Rice Chicken Bake V: Soy Crumble), California Veggies, Diced Pears, Milk	Kale Pesto Pasta, Steamed Peas (I/T: broccoli), Mandarin Oranges, Milk	Turkey Sausage & Cheese on a Bun, Mixed Veggies, Applesauce, Milk	Ham and Cheese Sandwich (V: cheese sandwich), Green Beans, Diced Peaches, Milk
PM Snack	Trail Mix	Bananas & Cheese Sticks	Pita Bread & Jelly	Oyster Crackers & Fruit	Wheat Crackers & Fruit (I/T: Ritz)
AM Snack	11 Crackers & Cheese	12 French Toast Sticks & Milk	13 Bananas & Cheerios	14 Vanilla Yogurt & Peaches	15 Hawaiian Rolls & Jelly
Lunch	Chicken Noodle Casserole (V: Soy Crumble Casserole), Mixed Veggies, Diced Peaches, Milk	Beef Taco with Cheese (V: Soy Crumble Taco), Steamed Peas (I/T: carrots), Diced Mango, Milk	Turkey & Cheese Roll-Ups (V: No turkey), Diced Carrots, Applesauce, Milk	Chicken Patties on a Bun (V: Veggie Burger), Green Beans, Diced Pears, Milk	Vegetable Lasagna, Breadsticks, Mixed Fruit, Milk
PM Snack	Apples (I/T: applesauce) & Crackers	Watermelon & Sweet Potato Crackers	Oranges & Oyster Crackers	Trail Mix	Chips & Salsa (I/T: Goldfish & fruit)
AM Snack	18 Cottage Cheese & Peaches	19 Crackers & Cheese	20 English Muffin & Jelly	21 Teddy Grahams & Fruit	22 Fig Newtons & Strawberries (I/T: Pears)
Lunch	Grilled Cheese, Tomato Soup, Steamed Peas (I/T: Green Beans), Diced Pears, Milk	Chicken Fajita and Rice, Diced Mango, Mixed Veggies, Milk	Waffles, Turkey Sausage, Peas and Carrots (I/T: carrots), Applesauce, Milk	Chicken Pasta Marinara, Steamed Carrots, Pineapple Tidbits, Milk	Macaroni and Cheese, Green Beans, Diced Peaches, Milk
PM Snack	Vanilla Wafers & Fruit	Bananas & Fig Newtons	Goldfish & Cheese	Warm Pretzels & Cheese Dip	Vanilla Wafers & Applesauce
AM Snack	25 Cottage Cheese & Peaches	26 NutriGrain Bars	27 Strawberries & Teddy Grahams (I/T: Pears)	28 English Muffins & Banana	29 Mini Bagels & Jelly
Lunch	Chicken Quesadilla (V: Cheese Quesadilla), Diced Peaches, Green Beans, Milk	Swedish Meatballs with Pasta (V: Veggie Patty), Steamed Carrots, Diced Pears, Milk	Chicken Tenders (V: Soy Nuggets), Steamed Peas (I/T: green beans), Mandarin Oranges, & Milk	Fettuccine Alfredo w/ or w/o Chicken, Mixed Veggies, Pineapple Tidbits, Milk	Cheese Pizza, Fresh Pears (I/T: Diced Pears), Steamed Broccoli, Milk
PM Snack	Crackers & Craisins (I/T: Fruit)	Graham Crackers & Apples (I/T: Applesauce)	Fresh Carrots & Ranch (I/T: Fruit and Fig Newtons)	Vegetable Crackers & Mango	Goldfish & Cheese

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*breakfast will be served daily and will consist of cold cereal and milk.