

6210 Multiplex Drive, Centreville, VA 20125324 (703) 968-2939

## October 2022 Menu

Week l					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/3/2022	10/4/2022	10/5/2022	10/6/2022	10/7/2022
BREAKFAST:		<u> </u>			-
	Corn Flakes and Fruit	Bagels and Cheese	Tasteeo Cereal & Fruit	Oatmeal and Fruit	Rice Krispies & Fruit
	COTTT Takes and Troit	Dageis and Cheese	rasteed cereal & Froit	Odtified and 110ft	Rice Rrispies & Froit
LUNCH:		-			
	Chicken Nuggets	Pizza	Chicekn Alfredo	Fish Sticks	Corn Dogs
	Peas	Mixed Vegetables	Corn	Green Beans	Carrots
	Pears	Fresh Fruit	Pineapple	Fresh Fruit	Fruit Cocktail
	Whole Milk (age 1) or 2%	Whole Milk (age 1) or 2% Milk	Whole Milk (age 1) or 2%	Whole Milk (age 1) or 2%	Whole Milk (age 1) or
	Milk (age 2+)	(age 2+)	Milk (age 2+)	Milk (age 2+)	2% Milk (age 2+)
PM SNACK:					
	Pretzel and Cheese	Graham Cracker and Fruit	Wheat Cracker and Cheese	Yogurt and Blueberries	Cheez-It and Cheese
			eek 2		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	10/10/2022	10/11/2022	10/12/2022	10/13/2022	10/14/2022
BREAKFAST:					
	Tasteeo Cereal & Fruit	Muffin & Fruit	Rice Krispies & Fruit	Egg Patty and Fruit	Corn Flakes and Fruit
LUNCH:					
	Grilled Cheese	Hot Dog	Spaghetti	Turkey and Cheese sandwhich	Chicken Patty
	Corn	Baked Beans	Mixed Vegetables	Carrots	Green Beans
	Fruit Cocktail	Fresh Fruit	Peaches	Fresh Fruit	Pears
	Whole Milk (age 1) or 2%	Whole Milk (age 1) or 2% Milk	Whole Milk (age 1) or 2%	Whole Milk (age 1) or 2%	Whole Milk (age 1) or
	Milk (age 2+)	(age 2+)	Milk (age 2+)	Milk (age 2+)	2% Milk (age 2+)
PM SNACK:				T T	
	Townhouse crackers and Cheese	Animal Cracker and Fruit	Fresh Apples and Sunbutter	Educational Cookies and Fruit	Vanilla Wafer and Fruit
		W	eek 3		
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	MONDAY 10/17/2022	TUESDAY 10/18/2022		THURSDAY 10/20/2022	FRIDAY 10/21/2022
	10/17/2022	10/18/2022	WEDNESDAY 10/19/2022	10/20/2022	10/21/2022
Dates: BREAKFAST:			WEDNESDAY		
Dates:	10/17/2022 Rice Krispies & Fruit	10/18/2022 Bagels and Cream Cheese	WEDNESDAY 10/19/2022 Tasteeo Cereal & Fruit	10/20/2022 Muffin and Fruit	10/21/2022  Cornflakes Cereal & Fruit
Dates: BREAKFAST:	10/17/2022  Rice Krispies & Fruit  Corn Dog	10/18/2022  Bagels and Cream Cheese  Pierogies	WEDNESDAY 10/19/2022  Tasteeo Cereal & Fruit  Chicken and Rice	10/20/2022  Muffin and Fruit  Chicken Nuggets	10/21/2022  Cornflakes Cereal & Fruit  Pizza
Dates: BREAKFAST:	10/17/2022  Rice Krispies & Fruit  Corn Dog  Pease	Bagels and Cream Cheese  Pierogies  Corn Dogs	Tasteeo Cereal & Fruit  Chicken and Rice Mixed Vegetables	10/20/2022  Muffin and Fruit  Chicken Nuggets  Carrots	10/21/2022  Cornflakes Cereal & Fruit  Pizza  Green Beans
Dates: BREAKFAST:	10/17/2022  Rice Krispies & Fruit  Corn Dog Pease Pineapple	Bagels and Cream Cheese  Pierogies  Corn Dogs  Fresh Fruit	Tasteeo Cereal & Fruit  Chicken and Rice Mixed Vegetables Mandarin Oranges	10/20/2022  Muffin and Fruit  Chicken Nuggets  Carrots  Fresh Fruit	10/21/2022  Cornflakes Cereal & Fruit  Pizza  Green Beans  Peaches
Dates: BREAKFAST:	Rice Krispies & Fruit  Corn Dog Pease Pineapple Whole Milk (age 1) or 2%	Bagels and Cream Cheese  Pierogies Corn Dogs Fresh Fruit Whole Milk (age 1) or 2% Milk	Tasteeo Cereal & Fruit  Chicken and Rice Mixed Vegetables Mandarin Oranges  Whole Milk (age 1) or 2%	Muffin and Fruit  Chicken Nuggets Carrots Fresh Fruit Whole Milk (age 1) or 2%	Cornflakes Cereal & Fruit  Pizza Green Beans Peaches Whole Milk (age 1) or
Dates: BREAKFAST: LUNCH:	10/17/2022  Rice Krispies & Fruit  Corn Dog Pease Pineapple	Bagels and Cream Cheese  Pierogies  Corn Dogs  Fresh Fruit	Tasteeo Cereal & Fruit  Chicken and Rice Mixed Vegetables Mandarin Oranges	10/20/2022  Muffin and Fruit  Chicken Nuggets  Carrots  Fresh Fruit	10/21/2022  Cornflakes Cereal & Fruit  Pizza  Green Beans  Peaches
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Dates: BREAKFAST: LUNCH: PM SNACK:	Rice Krispies & Fruit  Corn Dog Pease Pineapple Whole Milk (age 1) or 2% Milk (age 2+)  Goldfish and Cheese	Bagels and Cream Cheese  Pierogies Corn Dogs Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+)  Sports Bites and Fruit	WEDNESDAY 10/19/2022  Tasteeo Cereal & Fruit  Chicken and Rice Mixed Vegetables Mandarin Oranges Whole Milk (age 1) or 2% Milk (age 2+)  Wheat Creackers and Cheese cok 4	10/20/2022  Muffin and Fruit  Chicken Nuggets Carrots Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+)  Yogurt and Fruit	Cornflakes Cereal & Fruit  Pizza  Green Beans Peaches Whole Milk (age 1) or 2% Milk (age 2+)  Graham Crackers and Sunbutter
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Dates: BREAKFAST: LUNCH: PM SNACK: MEAL PATTERN Dates:	no/17/2022  Rice Krispies & Fruit  Corn Doq Pease Pineapple Whole Milk (age 1) or 2% Milk (age 2+)  Goldfish and Cheese  MONDAY 10/24/2022	Bagels and Cream Cheese  Pierogies Corn Dogs Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+)  Sports Bites and Fruit  W TUESDAY 10/25/2022	WEDNESDAY 10/19/2022  Tasteeo Cereal & Fruit  Chicken and Rice Mixed Vegetables Mandarin Oranges Whole Milk (age 1) or 2% Milk (age 2+)  Wheat Creackers and Cheese eek 4  WEDNESDAY 10/26/2022	10/20/2022  Muffin and Fruit  Chicken Nuggets Carrots Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+)  Yogurt and Fruit  THURSDAY 10/27/2022	Cornflakes Cereal & Fruit  Pizza Green Beans Peaches Whole Milk (age 1) or 2% Milk (age 2+)  Graham Crackers and Sunbutter  FRIDAY 10/28/2022
Dates: BREAKFAST:  LUNCH:  PM SNACK:  MEAL PATTERN Dates: BREAKFAST:	10/17/2022  Rice Krispies & Fruit  Corn Dog Pease Pineapple Whole Milk (age 1) or 2% Milk (age 2+)  Goldfish and Cheese  MONDAY 10/24/2022  Tasteeo Cereal & Fruit	Bagels and Cream Cheese  Pierogies Corn Dogs Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+)  Sports Bites and Fruit  W TUESDAY 10/25/2022  Eqq Patty & Fruit	WEDNESDAY 10/19/2022  Tasteeo Cereal & Fruit  Chicken and Rice Mixed Vegetables Mandarin Oranges Whole Milk (age 1) or 2% Milk (age 2+)  Wheat Creackers and Cheese eek 4  WEDNESDAY 10/26/2022  Cornflakes Cereal & Fruit	10/20/2022  Muffin and Fruit  Chicken Nuggets Carrots Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+)  Yogurt and Fruit  THURSDAY 10/27/2022  Oatmeal and Fruit	Cornflakes Cereal & Fruit  Pizza Green Beans Peaches Whole Milk (age 1) or 2% Milk (age 2+)  Graham Crackers and Sunbutter  FRIDAY 10/28/2022  Rice Krispies & Fruit
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Dates: BREAKFAST:  LUNCH:  PM SNACK:  MEAL PATTERN Dates: BREAKFAST:	no/17/2022  Rice Krispies & Fruit  Corn Dog Pease Pineapple Whole Milk (age 1) or 2% Milk (age 2+)  Goldfish and Cheese  MONDAY 10/24/2022  Tasteeo Cereal & Fruit  Chicken Patty Green Beans	Bagels and Cream Cheese  Pierogies Corn Dogs Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+)  Sports Bites and Fruit  W TUESDAY 10/25/2022  Egg Patty & Fruit  Fish Sticks Carrots	WEDNESDAY 10/19/2022  Tasteeo Cereal & Fruit  Chicken and Rice Mixed Vegetables Mandarin Oranges Whole Milk (age 1) or 2% Milk (age 2+)  Wheat Creackers and Cheese eek 4  WEDNESDAY 10/26/2022  Cornflakes Cereal & Fruit  Mac and Cheese Corn	10/20/2022  Muffin and Fruit  Chicken Nuggets Carrots Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+)  Yogurt and Fruit  THURSDAY 10/27/2022  Oatmeal and Fruit  Turkey and Cheese Sandwhich Peas	Cornflakes Cereal & Fruit  Pizza Green Beans Peaches Whole Milk (age 1) or 2% Milk (age 2+)  Graham Crackers and Sunbutter  FRIDAY 10/28/2022  Rice Krispies & Fruit  Hot Dogs Baked Beans
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Dates: BREAKFAST:  LUNCH:  PM SNACK:  MEAL PATTERN Dates: BREAKFAST:	To/17/2022  Rice Krispies & Fruit  Corn Dog Pease Pineapple Whole Milk (age 1) or 2% Milk (age 2+)  Goldfish and Cheese  MONDAY 10/24/2022  Tasteeo Cereal & Fruit  Chicken Patty Green Beans Pears Whole Milk (age 1) or 2%	Bagels and Cream Cheese  Pierogies Corn Dogs Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+)  Sports Bites and Fruit  W TUESDAY 10/25/2022  Egg Patty & Fruit  Fish Sticks Carrots Fresh Fruit Whole Milk (age 1) or 2% Milk	WEDNESDAY 10/19/2022  Tasteeo Cereal & Fruit  Chicken and Rice Mixed Vegetables Mandarin Oranges Whole Milk (age 1) or 2% Milk (age 2+)  Wheat Creackers and Cheese ceck 4  WEDNESDAY 10/26/2022  Cornflakes Cereal & Fruit  Mac and Cheese  Corn Peaches Whole Milk (age 1) or 2%	10/20/2022  Muffin and Fruit  Chicken Nuggets Carrots Fresh Fruit Whole Milk (age 1) or 2% Milk (age 2+)  Yogurt and Fruit  THURSDAY 10/27/2022  Oatmeal and Fruit  Turkey and Cheese Sandwhich Peas Fresh Fruit Whole Milk (age 1) or 2%	Cornflakes Cereal & Fruit  Pizza Green Beans Peaches Whole Milk (age 1) or 2% Milk (age 2+)  Graham Crackers and Sunbutter  FRIDAY 10/28/2022  Rice Krispies & Fruit  Hot Dogs Baked Beans Applesauce Whole Milk (age 1) or
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