

October Menu

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 2-6

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Cheese Omelets Fresh Fruit skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	French Toast (whole wheat) Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Tuna & Cheese Sandwich (on whole wheat bread) Apples Fresh Baby Carrots w/dip Skim milk	Lasagna Noodles (made w/ground beef, cheese and tomato sauce over egg noodles) Green beans (canned) Skim Milk	Gr. Beef, Pinto bean & cheese burrito Peaches (canned) Corn (frozen) Skim milk	Sweet & Sour chicken over rice broccoli (canned) Pineapple(canned) Skim milk	Pizza with ham or chicken (made with tomato puree) Salad Skim milk
Snack	Animal Crackers 100% Fruit Juice	Chex Mix (whole grain chex cereal, pretzels & Raisins) Ice Water	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Ice water	Apples Cheese Slice	Ritz 100% Juice

October 9-13

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Whole wheat toast w/jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chicken Nuggets (child nutrition approved) Fresh Celery Sticks w/dip Ranch beans (canned) Skim milk	Tacos Soup (ground beef, pinto beans, corn & tomato sauce with cheese on top) Whole grain tortilla chips Fresh Cauliflower w/dip Skim Milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Shepherd's Pie (ground beef, green beans, mashed potatoes & cheese) Whole Wheat Rolls Skim milk	Pizza with ham or chicken (made with tomato puree) Fresh Baby Carrots Skim milk
Snack	Pretzels 100% Fruit Juice	Wheat Thins (whole wheat) 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces Ice Water	String Cheese 100% Fruit Juice	Cheesy Crackers Skim Milk

October 16-20

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	French Toast (whole grain) Potato Rounds Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Hot Dogs on a whole wheat bun Baked Beans (canned) Applesauce (canned) Skim milk	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Diced Pears (canned) Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Spaghetti w/meat and tomato sauce Green beans (canned) Skim milk	Pizza with ham or chicken (made with tomato puree) Baby Carrots w/dip Skim milk
Snack	Chex Mix (whole grain chex cereal pretzels & Raisins) Ice Water	Ritz 100% Fruit Juice	Whole wheat bread w/cinnamon butter 100% Fruit Juice	Apples Cheese Slice	Graham Crackers 100% Fruit Juice

October 23-27

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Whole wheat Honey Toast Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Turkey & Cheese Sandwich (on whole wheat bread) Apples Fresh Cauliflower w/dip Skim milk	Tacos (ground beef, cheese & fresh lettuce on a tortilla) Refried beans (canned) Skim Milk	Hamburger Gravy over mashed Potatoes, Cooked carrots (canned) Whole Wheat Rolls Skim Milk	BBQ Chicken on a bun (whole wheat) Peas (frozen) Peaches (canned) Skim milk	Pizza with ham or chicken (made with tomato puree) Fresh Salad Skim milk
Snack	Cottage Cheese & Saltines Ice Water	Yogurt & Whole grain cereal pieces Ice water	Pretzels 100% Fruit Juice	String Cheese 100% Fruit Juice	Wheat Thins (whole wheat) 100% Fruit Juice

October 30–November 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	French Toast (whole grain) Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Corn Dogs (Child Nutrition labeled) Mixed Veggies (frozen) Celery Sticks w/dip Skim Milk	Spanish Rice w/ground beef and tomato sauce Green beans (canned) Skim milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Bean & Cheese burrito Fresh Fruit Corn (frozen) Skim milk	Pizza with ham or chicken (made with tomato puree) Salad Skim milk
Snack	Whole wheat bread w/cinnamon butter 100% Fruit Juice	Animal Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Ice water	<i>Ritz</i> <i>100% Fruit Juice</i>	Cheesy Crackers Skim Milk

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