

# 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 1-5

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Omelet Fresh Fruit Skim Milk	Whole wheat toast French Toast Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Corn Dogs (Child Nutrition labeled) Baked Beans (Canned) Mixed Veggies (frozen) 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 Baby Carrots w/dip Fresh Salad Skim milk	Turkey & Cheese Wrap (Turkey and cheese slices in a tortilla) Diced Peach Cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Cottage Cheese & Saltines Water	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Whole wheat bread with cinnamon butter 100% Fruit Juice	Teddy Grahams 100% Fruit Juice	Cheesy Crackers Skim Milk

## October 8-12

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit skim Milk	Whole Grain English Muffins w/ Jam Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Tuna & Cheese Sandwich (on whole wheat bread) Fresh Fruit Baked Fries Skim milk	Lasagna Noodles (made w/ground beef, cheese and tomato sauce over egg noodles) Green beans (canned) Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Taco Salad (ground beef, cheese & fresh lettuce on whole grain tortilla chips) Ranch Style beans (canned) Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Fruit Cocktail Cups Skim milk
<b>Snack</b>	Pretzels 100% Fruit Juice	Sun Butter Dip Apples Water	Yogurt & Whole Wheat Cereal Pieces Ice water	Grahams 100% Fruit Juice	String cheese Ritz Crackers Water

## October 15-19

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Whole wheat toast French Toast Potato Rounds	Bagel w/cream cheese Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Fish Sticks (child nutrition approved) Pears (canned) Mixed Veggies (frozen) Skim milk	Gr. Beef, Pinto bean & cheese burritos Fresh Salad Corn (frozen) Skim milk	Sloppy Joes on whole wheat buns Fresh cucumber spears w/dip Peas (frozen) Skim Milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple (canned) Skim milk	Turkey & cheese Wrap (Turkey & cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Animal Crackers 100% Fruit Juice	Oyster Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Saltines Cottage Cheese Water

## October 22-26

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit skim Milk	Whole Wheat English Muffins w/jam Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Diced Pears (canned) Skim Milk	Tacos Soup (ground beef, pinto beans, mixed veggies & tomato sauce with cheese on top) Whole grain tortilla chips Fresh Cauliflower w/ranch Skim Milk	Shepherd's Pie (ground beef, green beans, mashed potatoes & cheese) Whole Wheat Rolls Skim milk	Hamburgers (ground beef patty on a whole grain bun) Peas (frozen) Fresh Fruit Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Fruit Cocktail cups Skim milk
<b>Snack</b>	Pretzels 100% Fruit Juice	String Cheese Ritz Water	Wheat Thins 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces Water	Cheesy Crackers Skim Milk

**October 29–November 2**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Whole Wheat French Toast Potato Rounds Skim Milk	Omelets Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
<b>Lunch</b>	Chicken Nuggets (child nutrition approved) Cooked carrots (canned) Baked Beans (canned) Skim milk	Spaghetti w/meat and tomato sauce Green Beans (canned) Skim milk	Jack-o-lantern Personal Pizzas (Cheese Pizza and toppings for kids to make a face) Fresh Salad Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Turkey & Cheese Wrap (turkey and cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Sun Butter Dip Apples Water	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Oyster Crackers 100% Fruit Juice	Whole wheat bread w/cinnamon butter 100% Fruit Juice	Graham Crackers 100% Fruit Juice

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