

October MENU 2023

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 & berries (when in season). We order fresh fruit depending upon the price and availability.

October 2-6

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bagels w/cream cheese Fresh Fruit Skim Milk	Oatmeal (whole grain) w/brown sugar Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Boiled eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Spaghetti (whole grain noodles) w/lean ground turkey and tomato sauce Green Beans (canned) Skim milk	Tacos Salad (ground turkey, cheese & fresh lettuce) Whole wheat Chips, Ranch Beans Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cucumber w/Ranch Extra marinara sauce for dipping, Skim Milk	Haystacks (brown rice with, chicken, cheese, & gravy) broccoli (frozen) Pineapple Skim Milk	Chicken Nuggets (child nutrition approved, whole grain breeding) Baked beans (canned) Blueberries (fresh) Skim milk
Snack	Whole grain tortilla Chips & salsa (grated cheese for	Cottage Cheese and saltine crackers water	Wheat Thins (WG) 100% Fruit Juice	Tiger Bite Grahams (WG), Milk	Pretzels 100% fruit juice

October 9-13

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Wheat Bagel w/cream cheese Fresh Fruit, Skim Milk	Pancakes Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit, Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Mac and Cheese (whole wheat pasta, cheese,Diced ham) Frozen Peas, Diced Peaches Skim Milk	Enchilada (whole wheat tortilla, refried beans, cheese) Lettuce , Pineapple skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Green Beans Extra marinara sauce for dipping, Skim Milk	Taco Soup (chicken,tomato sauce, corn,beans) Cheese,Tortilla Chips, Fresh Apple Skim Milk	Turkey Wraps (whole wheat tortilla,Sliced Turkey, cheese) Carrots Pears Skim milk
Snack	Apples and Cheese, water	Popcorn 100% juice	Goldfish Crackers (WG) 100% Fruit Juice	grahams crackers Milk	Pita bread (whole grain) w/hummas, water

October 16-20

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Wheat Bagel w/cream cheese Fresh Fruit & Skim Milk	Oatmeal Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit skim Milk	Biscuits and Gravy fresh fruit skim Milk	Cereal (whole grain) Fresh fruit skim milk
Lunch	Sloppy Joes (lean gr. Beef) on whole wheat buns Baked Beans Diced Pears (canned) Skim Milk	Teriaki Beef (lean gr. beef) over brown rice Broccoli (frozen) Pineapple (canned) Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cucumbers w/dips Extra maranara sauce for dipping, Skim Milk	Chicken Chili (Chicken, white beans,Cheese) Fresh Carrots, wheat Roll, Skim Milk	Corn Dogs, w/breading, Corn, Apple sauce, Skim Milk
Snack	Triscuits 100% Fruit juice	Whole wheat bread w/cinnamon butter, Milk	Whole grain tortilla Chips & salsa (grated cheese for toddlers) and water	Yogurt & Whole Grain Cereal Pieces, Water	Animal Crackers 100% Fruit Juice

October 23-27

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bagels w/Cream Cheese Fresch Fruit Skim Milk	Scrambled Eggs Fresh Fruit, Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Boiled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Bean & Cheese burritoos (whole grain tortillas) Corn Baby carrots w/dip Skim milk	Mac and Cheese (whole wheat Pasta) Diced Ham Frozen Peas Diced Pears Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh lettuce w/ranch Extra marinara sauce for dipping, Skim Milk	BBQ Chicken on a whole wheat bun Peas (frozen) Fresh Watermelon Skim Milk	Turkey Hot dogs whole wheat buns carrots w/dip, Peaches (diced) Skim Milk
Snack	Whole wheat Bread w/ cinn sugar Skim Milk	Pretzels 100% fruit juice	Goldfish Crackers (WG) 100% Fruit Juice	Pita bread (whole grain) w/hummas, water	Cheese sticks & Ritz Crackers water

October 30-November 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Wheat Bagel w/cream cheese Fresh Fruit, Skim Milk	Pancakes Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Biscuits and gravy Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Brunch Day cheese omlets , tater tots blueberries , whole wheat toast, skim milk	Chili (with ground beef, tomato sauce, Cheese) Fresh carrots, Whole wheat rolls Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cucumbers w/dip Extra marinara sauce for dipping, Skim Milk	Lasagna (whole wheat noodles, w/lean ground Turkey,cheese,and tomato sauce), Lettuce, Skim Milk	Chicken Nuggets (child nutrition approved, whole grain breading) Baked beans (canned) Applesauce (canned) Skim Milk
Snack	Apples & Cheese Slice Water	grahams crackers Milk	Goldfish Crackers (w/G) 100% Fruit Juice	Pita bread (whole grain) w/hummas, water	Popcorn (w/G) 100% Fruit Juice

The USDA is an equal opportunity provider and employer.