

OCTOBER MENU - SOUTH OGDEN

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 5-9

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit skim Milk	Hardboiled Eggs Bananas Skim Milk	Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Whole Wheat French Toast Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Turkey & cheese Wrap (Turkey & cheese slices in a whole wheat tortilla) Fruit Cocktail (canned in juice) Fresh Baby Carrots w/dip Skim milk	Sloppy Joes on whole wheat buns Fresh cauliflower w/dip Applesauce (canned) Skim Milk	Chicken Alfredo (chicken, noodles and alfredo sauce) Peas (canned) Peaches (canned in juice) Skim milk	Taco Salad (lean ground turkey, cheese & fresh lettuce on whole corn tortilla chips) Ranch Style beans (canned) Skim milk	Chicken Patties (child nutrition approved, whole grain breeding) Mixed Veggies - Cali blend (frozen) Mashed Potatoes w/gravy Skim milk
Snack	Elf Grahams 100% Fruit Juice	Whole wheat bread w/cinnamon butter Milk	Wheat thins 100% Fruit Juice	Chex Mix (whole grain chex cereal & pretzels) 100% Fruit Juice	Apples & Sunbutter 100% Water

October 12-16

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Pancakes Bananas Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat Rolls Pickled Beets (canned) Skim Milk	Ground Turkey & Cheese burrito (whole grain tortilla) Corn (frozen) Celery Sticks w/dip Skim milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk	Lasagna Noodles (made w/lean ground turkey, cheese and tomato sauce over whole grain noodles) Green beans (canned) Skim Milk	Turkey Dogs on a whole wheat bun Tator Tots Fresh Fruit Skim milk
Snack	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Pretzels 100% Fruit Juice	String Cheese Ritz Water	Oyster Crackers 100% Fruit Juice	Goldfish crackers Milk

October 19-23

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Whole Wheat French Toast Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Tuna & Cheese Sandwich on whole wheat bread Baby carrots w/dip Applesauce Skim milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Teryiaki Ground beef over rice California Mixed Veggies (frozen) Pineapple(canned) Skim milk	Chicken Taco Soup (tomato based soup with mixed veggies & cheese on top) Tortilla Chips Fresh Salad Skim Milk	Hamburgers on a a whole wheat bun Pickles Fruit Cocktail (canned in juice) Skim milk
Snack	Yogurt & Whole grain Cereal Pieces Water	Animal Crackers 100% Fruit Juice	Graham Crackers Milk	Pita bread w/dip 100% Fruit Juice	Saltines Cottage Cheese Water

October 26-30

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Pancakes Bananas Skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Chicken Nuggets (child nutrition approved, whole grain breeding) Baked Beans (canned) Peaches (canned) Skim milk	Spaghetti w/lean ground turkey and tomato sauce Green beans (canned) Skim milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned in juice) Skim milk	Brunch Day: Cheese Omelets Tator Tots Oranges Toast Skim milk	Jack-o-lantern Personal Pizzas (diced ham, cheese & sauce on flat bread) Fresh Salad Skim Milk
Snack	Elf Grahams 100% Fruit Juice	Whole wheat bread w/cinnamon butter Milk	Chex Mix (whole grain chex cereal pretzels) 100% Fruit Juice	Wheat Thins 100% Fruit Juice	Apples & Sun butter Water

The USDA is an equal opportunity provider and employer.