

Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER MENU			1 B: </	

Monday		Tuesday		Wednesday		Thursday		Friday	
12	<u>Waffle & Apple Sauce.</u> B: --, Waffles, --, Bananas, Lowfat Milk - 1% Fruit: bananas <u>Chicken Alfredo.</u> L: Chicken Breast, Noodles / Pasta, Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Fruit: bananas Vegetable: carrots <u>Scooby Doo Crackers</u> P: --, Wheat Crackers(WG), --, Apple Juice, -- Juice: apple juice	13	<u>Ham&Cheese Sandwich</u> B: Ham & Cheese, White / Wheat Bread(WG), --, Strawberries, Lowfat Milk - 1% Fruit: strawberries <u>Lentil Stew</u> L: Lentils, White Rice (Enriched), Cucumbers, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetable: cucumbers <u>Hawaiian Rolls</u> P: --, Hawaiian Bread, --, Apple Juice, -- Fruit: bananas	14	<u>Power Pancakes</u> B: --, Pancakes(WG), --, Apples, Lowfat Milk - 1% Fruit: apples <u>Fried Rice.</u> L: Pork, White Rice (Enriched), Mixed Vegetables, Oranges, Lowfat Milk - 1% Fruit: oranges Vegetable: mixed vegetables <u>Ritz & Juice</u> P: --, Hi Ho / Ritz Crackers, --, Bananas, -- Fruit: bananas	15	<u>French Toasts</u> B: --, French Toast(WG), --, Oranges, Lowfat Milk - 1% Fruit: oranges <u>Turkey Burger /Tater tots</u> L: Turkey Ground, Buns / Rolls, Tater Tots, Apples, Lowfat Milk - 1% Fruit: apples Vegetable: tater tots <u>Goldfish & Juice</u> P: --, Goldfish Crackers, --, Orange Juice, -- Juice: orange juice	16	<u>Cheerios & Bananas</u> B: --, Cheerios(WG), --, Blueberries, Lowfat Milk - 1% Fruit: blueberries <u>Chicken Wings</u> L: Chicken Legs, Rice(WG), Mixed Vegetables, Watermelon, Lowfat Milk - 1% Fruit: watermelon Vegetables: mixed vegetables Grain: quinoa <u>Cheese & Oranges</u> P: String Cheese, --, --, Tangerines, -- Fruit: tangerines
19	<u>Waffles w/ Apples</u> B: --, Waffles, --, Strawberries, Lowfat Milk - 1% Fruit: strawberries <u>Pasta Pesto.</u> L: Chicken Breast, Noodles / Pasta, Spinach, Mixed Fruit, Lowfat Milk - 1% Fruit: Tangerines Vegetables: spinach <u>Scooby Doo Crackers</u> P: --, Wheat Crackers(WG), --, Orange Juice, -- Fruit: orange juice	20	<u>Eggs and Buttered Toast</u> B: Egg, White / Wheat Bread(WG), --, Bananas, Lowfat Milk - 1% Fruit: bananas <u>Rice and Beans</u> L: Black Beans, White Rice (Enriched), Cucumbers, Watermelon, Lowfat Milk - 1% Fruit: watermelon Vegetables: cucumbers <u>Hawaiian Rolls</u> P: --, Hawaiian Bread, --, Bananas, -- Fruit: raisins	21	<u>Power Pancakes</u> B: --, Pancakes(WG), --, Blueberries, Lowfat Milk - 1% Fruit: blueberries <u>Chicken Stew w/ Rice</u> L: Chicken Breast, White Rice (Enriched), Potatoes, Bananas, Lowfat Milk - 1% Fruit: bananas Vegetables: potatoes <u>Motts Cereal</u> P: --, Bluey Cereal, --, Apple Juice, -- Juice: apple juice	22	<u>French Toasts</u> B: --, French Toast(WG), --, Apples, Lowfat Milk - 1% Fruit: apples <u>Turkey Chili</u> L: Turkey Ground, Tortilla, Tomatoes Fresh/Sliced, Oranges, Lowfat Milk - 1% Fruit: oranges Vegetables: Tomatoes fresh/sliced <u>Yogurt & Raisins</u> P: Yogurt, --, --, Raisins, -- Juice: orange juice	23	<u>Cheerios & Fruit</u> B: --, Cheerios(WG), --, Tangerines, Lowfat Milk - 1% Fruit: tangerines <u>Fish Fillets & Quinoa</u> L: Fish Fillets-(Frozen CN label req), Brown Rice(WG), Cucumbers, Oranges, Lowfat Milk - 1% Fruit: oranges Vegetables: cucumbers Rice: quinoa <u>Cheese & Oranges</u> P: String Cheese, --, --, Oranges, -- Fruit: oranges

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26	<u>Waffles w/ Apples</u> B: --, Waffles, --, Strawberries, Lowfat Milk - 1% Fruit: strawberries <u>Chicken Alfredo.</u> L: Chicken Breast, Noodles / Pasta, Mixed Vegetables, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetables: mix vegetables <u>Scooby Doo Crackers</u> P: --, Wheat Crackers(WG), --, Apple Juice, -- Juice: apple juice	27	<u>Egg+Toast+Fruit</u> B: Egg, Buttered Toast(WG), --, Apples, Lowfat Milk - 1% Fruits: apples <u>Lentil Stew</u> L: Lentils, White Rice (Enriched), Cucumbers, Watermelon, Lowfat Milk - 1% Fruit: watermelon Vegetables: cucumbers <u>Cheez Its & Juice</u> P: --, Cheese Crackers, --, Apple Juice, -- Juice: apple juice	28	<u>Banana Pancakes w/ Strawberrie</u> B: --, Oatmeal(WG), --, Blueberries, Lowfat Milk - 1% Fruits: blueberries <u>Chicken Soup.</u> L: Chicken Breast, Noodles / Pasta, Mixed Vegetables, Bananas, Lowfat Milk - 1% Fruit: bananas Vegetable: mixed vegetables <u>Cheese & Apples</u> P: String Cheese, --, --, Oranges, -- Fruit: oranges	29	<u>Cooked Oats & Sausage</u> B: Sausages, Oatmeal(WG), --, Apples, Lowfat Milk - 1% Fruit: apples <u>Turkey Burger /Tater tots</u> L: Turkey Ground, Buns / Rolls, Tater Tots, Bananas, Lowfat Milk - 1% Fruit: bananas Vegetable: tater tots <u>Goldfish & Juice</u> P: --, Goldfish Crackers, --, Apple Juice, -- Juice: apple juice	30	<u>Ham&Cheese Sandwich</u> B: Ham & Cheese, White / Wheat Bread(WG), --, Oranges, Lowfat Milk - 1% Fruit: oranges <u>Last Friday Pizza.</u> L: Cheese, Pizza Crust, Mixed Vegetables, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetable: mixed vegetables <u>Ritz & Raisins.</u> P: --, Hi Ho / Ritz Crackers, --, Raisins, -- Fruit: raisins

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