

Sept 29 - Oct 3	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <i>Grain/Meat or meat Alternate</i> <i>Fruit or vegetable</i> <i>Milk</i>	Cereal	Pancakes	Cinnamon Toast	Yogurt w/ granola	Cereal
	Mandarin Oranges	Applesauce	Blueberries	Banana	Melon
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <i>Meat or meat alternate</i> <i>Grain</i> <i>Fruit or vegetable</i> <i>Vegetable</i> <i>Milk</i>	Beef Chili Mac (Noodles) Fruit Cocktail Carrots 1 % Milk	Cheese Pizza (Crust) Peaches Peas 1 % Milk	Ham Casserole (Brown Rice) Mango Green Beans 1 % Milk	Turkey Wrap (Tortilla) Pears Corn 1 % Milk	Vegetable Bean Soup Saltines Pineapples Mixed Vegetables 1 % Milk
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <i>Milk</i> <i>Grain</i> <i>Vegetable</i> <i>Fruit</i> <i>Meat or meat alternate</i>	Peppers String Cheese	Chex Mix Oranges	Juice Ham Cubes	Tortilla Chip Guacamole	Pumpkin Bread Raisins

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be oered with the snack.



Abbreviations and symbols:

Whole grain includes rice, cereal, graham, pretzels, noodles, bread etc.

Note about our meats: All beef and poultry are cooked from fresh on site. Pork, fish and luncheon meat products may be pre cooked. Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

October 6 - 10	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <i>Grain/Meat or meat Alternate</i> <i>Fruit or vegetable</i> <i>Milk</i>	Cereal	Cottage Cheese	Toast with Cinnamon	Boiled Eggs	Cereal
	Apples	Strawberries	Raisins	Bananas	Melon
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <i>Meat or meat alternate</i> <i>Grain</i> <i>Fruit or vegetable</i> <i>Vegetable</i> <i>Milk</i>	Breakfast for Lunch Sausage Patties Biscuits Oranges Potatoes 1 % Milk	Cheese Sandwich Bun Pears Carrots 1 % Milk	Beef Taquitos Tortillas Mango Refried Beans 1 % Milk	Tuna Casserole Brown Rice Pineapple Peas 1 % Milk	Chicken Lo Mein Noodles Fruit Cocktail Mixed Vegetables 1 % Milk
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <i>Milk</i> <i>Grain</i> <i>Vegetable</i> <i>Fruit</i> <i>Meat or meat alternate</i>	Cheese Its Tropical Fruit	Blueberries Yogurt	Ritz Crackers Pepperoni slices	Bread Sticks Marinara Sauce	Grapes Cheese Sticks

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be oered with the snack.



Abbreviations and symbols:

Whole grain includes rice, cereal, graham, pretzels, noodles, bread etc.

Note about our meats: All beef and poultry are cooked from fresh on site. Pork, fish and luncheon meat products may be pre cooked. Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

October 13 - 17	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <i>Grain/Meat or meat Alternate</i> <i>Fruit or vegetable</i> <i>Milk</i>	English Muffins w/ Jelly	Cereal	Bagels w/Cream cheese	Cereal	Oatmeal
	Mandarin Oranges	Fruit Cocktail	Oranges	Blueberries	Raisins
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <i>Meat or meat alternate</i> <i>Grain</i> <i>Fruit or vegetable</i> <i>Vegetable</i> <i>Milk</i>	Turkey Casserole	Alaskan Cod Sticks	Pizza Casserole	BBQ Pulled Pork	Bean Soup
	(Brown Rice)	Buttered Noodles	(Noodle/Rice)	(Bun)	Croutons
	Pears	Waxed Beans	Strawberries	Apples	Pineapple
	Beets	Peas	Corn	Potato	Green Beans
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <i>Milk</i> <i>Grain</i> <i>Vegetable</i> <i>Fruit</i> <i>Meat or meat alternate</i>		Graham Crackers		Corn Chips	
	Peaches	Applesauce	Carrots	Bananas	Peppers
	Cottage Cheese		Hummus		Craisins

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be oered with the snack.

Abbreviations and symbols:

Whole grain includes rice, cereal, graham, pretzels, noodles, bread etc.

Note about our meats: All beef and poultry are cooked from fresh on site. Pork, fish and luncheon meat products may be pre cooked. Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.



October 20 - 24	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <i>Grain/Meat or meat Alternate</i> <i>Fruit or vegetable</i> <i>Milk</i>	Cereal	Waffles	Cinnamon Pita	Toast	Cereal
	Raisins	Applesauce	Fruit Cocktail	Apples	Bananas
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <i>Meat or meat alternate</i> <i>Grain</i> <i>Fruit or vegetable</i> <i>Vegetable</i> <i>Milk</i>	Turkey & Cheese Wrap	Beef Stroganoff	Chicken Stir Fry	Tuna Melt	Ham
	Tortilla	(Noodles)	(Brown Rice)	English Muffins	Saltines
	Blueberries	Strawberries	Mandarin Oranges	Peaches	Tropical Fruit
	Pickles	Green Beans	Broccoli	Peas	Corn
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <i>Milk</i> <i>Grain</i> <i>Vegetable</i> <i>Fruit</i> <i>Meat or meat alternate</i>	Club Crackers		Goldfish	Ritz	
	Juice	Pineapple	Pears	Oranges	Carrots
		Cheese			Craisins

Water is available at all meals. At breakfast and lunch it will be available after the milk is served. For snack if no beverage is listed water will be oered with the snack.

Abbreviations and symbols:

Whole grain includes rice, cereal, graham, pretzels, noodles, bread etc.

Note about our meats: All beef and poultry are cooked from fresh on site. Pork fish and luncheon meat products may be pre cooked. Meat alternates include items such as eggs cheese yogurt or dry cooked beans.



October 27 - 31	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Must include one serving of each of these three items:</i> <i>Grain/Meat or meat Alternate</i> <i>Fruit or vegetable</i> <i>Milk</i>	Cereal	Oatmeal	Banana Bread	Toast w/ Jelly	Cereal
	Strawberries	Craisins	Raisins	Blueberries	Bananas
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Lunch <i>Must include one serving of each of these five items:</i> <i>Meat or meat alternate</i> <i>Grain</i> <i>Fruit or vegetable</i> <i>Vegetable</i> <i>Milk</i>	Bean and Cheese Taquitos	BBQ Chicken	Beef Cowboy Stew	Ham Sandwich	Chicken Vegetable Soup
	(Tortillas)	WG Bun	Fritos	WG Bread	Oyster Crackers
	Tropical Fruit	Peaches	Fruit Cocktail	Oranges	Mandarin oranges
	Carrots	Home Fries-Potato	(Kidney & Pork N Beans)	Corn	(Mixed Vegetables)
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Snack <i>Must include one serving of two items in the following list:</i> <i>Milk</i> <i>Grain</i> <i>Vegetable</i> <i>Fruit</i> <i>Meat or meat alternate</i>	Pretzels	Cheese It	Sweet Peppers	Ritz	
	Grapes	Pears		Juice	Apples
			Hummus		String Cheese

Water is available at all meals. At breakfast and lunch it will be available after the milk is served. For snack if no beverage is listed water will be oered with the snack.

Abbreviations and symbols:

Whole grain includes rice, cereal, graham, pretzels, noodles, bread etc.



Note about our meats: All beef and poultry are cooked from fresh on site. Pork fish and luncheon meat products may be pre cooked. Meat alternates include items such as eggs cheese yogurt or dry cooked beans.