## MONTHLY MENU - October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Juice, stone ground	Juice, stone ground	Juice, stone ground	Juice, stone ground	Juice, stone ground	TODDLERS:UI
10 A.M. Snack	whole wheat	whole wheat	whole wheat	whole wheat	whole wheat	Vegetables
	crackers	crackers	crackers	crackers	crackers	cut up in bi
Week 1	Turkey & Rice	Chicken Noodle	Sloppy Joes	Spaghetti	Pork Roast	be served
	Broccoli	Soup	Peas	Cauliflower	Green Beans	S
	Tomatoes	<b>Hot Carrots</b>	Cucumbers	Salad	Cucumbers	
	Fruit	celery	Fruit	Fruit	Fruit	Whole mil
	Bread/Milk	Fruit	Bread/Milk	Bread	Bread/Milk	at lunch to
	Milk	Crackers/Milk		Milk		the age o
Week 2		Chicken Nuggets	Chili	Fettuccine Alfredo	Fish Sticks	1
		Peas	Cauliflower	Broccoli	Hot carrots	No popcoi
Week 1  Week 2  Week 3 LUNCH  Week 4	<b>School Closed</b>	Tomatoes	Carrot Sticks	Celery	Cucumber	kernels, rav
		Fruit	Fruit	Fruit	Fruit	grapes, nu
		Bread/Milk	Crackers/Milk	Bread/Milk	Bread/Milk	peas, or pe
Week 3	Grilled Cheese	Meatloaf	Chicken	Mostaccioli	Beef & Rice	be served to
LUNCH	Tomato Soup	Potatoes	Green Beans	Cauliflower	Broccoli	the age o
LONCH	Hot Carrots	Peas	Tomatoes	Carrot Sticks	Cucumbers	
	Cucumbers	celery	Fruit	Fruit	Fruit	Mixed veg
	Fruit	Fruit	Bread/Milk	Bread/Milk	Bread/Milk	replaced w
	Milk	Bread/Milk				for childre
Week 4	Fish Sticks	Beef Veggie Soup	Hamburgers	Italian Chicken	Meatballs/Gravy	of 2
Week 4	Green Beans	<b>Hot Carrots</b>	Cauliflower	Rice	Potatoes	
	Tomatoes	Cucumbers	Carrot Sticks	Broccoli	Peas	All juice
	Fruit	Fruit	Fruit	Celery	Carrot Sticks	Juice o
	Bread/Milk	Crackers/Milk	Milk	Fruit	Fruit	pineapple
				Bread/Milk	Bread/Milk	an
Week 5	Mac-N-Cheese	Beef Tacos	Turkey w/ Rice			
	Broccoli	Cauliflower	Peas			
	Tomatoes	Carrot Sticks	Celery			
	Fruit	Fruit	Fruit			
	Bread/Milk	Milk	Bread/Milk			
P.M. Snack						
		crackers & water			or chips & salsa/water	_

Vegetables are steamed & cut up in bite-size pieces to be served with lunch or snack.

Whole milk will be served at lunch to children under the age of 24 months.

No popcorn, raisins, corn kernels, raw carrots, whole grapes, nuts, seeds, raw peas, or peanut butter will be served to children under the age of 24 months.

Mixed vegetables will be replaced with green beans for children under the age of 24 months

All juice is 100% juice: Juice choices are: pineapple, orange, grape and apple