

MONTHLY MENU - October

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|--|--|---|--|---|
| 10 A.M. Snack | Juice, stone ground whole wheat crackers | Juice, stone ground whole wheat crackers | Juice, stone ground whole wheat crackers | Juice, stone ground whole wheat crackers | Juice, stone ground whole wheat crackers |
| Week 1 | Turkey & Rice Broccoli Tomatoes Fruit Bread/Milk Milk | Chicken Noodle Soup Hot Carrots celery Fruit Crackers/Milk | Sloppy Joes Peas Cucumbers Fruit Bread/Milk | Spaghetti Cauliflower Salad Fruit Bread Milk | Pork Roast Green Beans Cucumbers Fruit Bread/Milk |
| Week 2 | School Closed | Chicken Nuggets Peas Tomatoes Fruit Bread/Milk | Chili Cauliflower Carrot Sticks Fruit Crackers/Milk | Fettuccine Alfredo Broccoli Celery Fruit Bread/Milk | Fish Sticks Hot carrots Cucumber Fruit Bread/Milk |
| Week 3 LUNCH | Grilled Cheese Tomato Soup Hot Carrots Cucumbers Fruit Milk | Meatloaf Potatoes Peas celery Fruit Bread/Milk | Chicken Green Beans Tomatoes Fruit Bread/Milk | Mostaccioli Cauliflower Carrot Sticks Fruit Bread/Milk | Beef & Rice Broccoli Cucumbers Fruit Bread/Milk |
| Week 4 | Fish Sticks Green Beans Tomatoes Fruit Bread/Milk | Beef Veggie Soup Hot Carrots Cucumbers Fruit Crackers/Milk | Hamburgers Cauliflower Carrot Sticks Fruit Milk | Italian Chicken Rice Broccoli Celery Fruit Bread/Milk | Meatballs/Gravy Potatoes Peas Carrot Sticks Fruit Bread/Milk |
| Week 5 | Mac-N-Cheese Broccoli Tomatoes Fruit Bread/Milk | Beef Tacos Cauliflower Carrot Sticks Fruit Milk | Turkey w/ Rice Peas Celery Fruit Bread/Milk | | |
| P.M. Snack | | | | | |
| | | crackers & water | | | or chips & salsa/water |

TODDLERS: UNDER 24 MONTHS
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

