

October 2020



1

Breakfast

French Toast

Peaches

Lunch

Soft Chicken Taco

w/ Lettuce & Cheese

Pineapple Chunks

Corn

Snack

Whole Wheat Pita Bread

Hummus

7

Breakfast

Whole Grain Cereal

Pineapple Tidbits

Lunch

Chicken w/ pasta

Peas and carrots

Applesauce

Snack

Soynut Butter Dip

Apple Slices

8

Breakfast

Waffle

Diced Peas

Lunch

Meatball Sub on a roll

Carrots

Fruit Cocktail

Snack

Whole grain rich

Goldfish

Grape Halves

2

Breakfast

Bagel

Oranges

Lunch

Cheeseburger whole wheat pasta

Carrots

Applesauce

Snack

Grapes

Whole grain rich Cheese-its

9

Breakfast

Whole grain rich toast

Banana

Lunch

Turkey & Gravy w/ Mashed Potatoes

Green beans

Pineapple Tidbits

Snack

Low fat yogurt

Graham crackers

5

Breakfast

Low Fat Yogurt

Strawberries

Lunch

Chicken Tenders

Green Beans

Nectarine

Whole wheat roll

Snack

Fruit cocktail

Milk

12

Breakfast

Pancake

Mandarin Oranges

Lunch

Cheese Pizza on whole grain rich crust

California blend mixed vegetables

Diced Peaches

Snack

Ritz cracker

String cheese

6

Breakfast

Whole Grain Cereal

Cantaloupe

Lunch

Pasta w/ Beef & Sauce

Steamed Broccoli

Pears

Snack

Ritz Crackers

Cheese Cubes

13

Breakfast

English Muffin

Apple

Lunch

Ham & Scalloped

Potatoes

Peas

Tropical Fruit

Snack

Cheddar cheese cubes

Wheat thins



<u>14</u>	<u>15</u>	<u>16</u>	<u>19</u>	<u>20</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Whole Grain Cereal	Waffle	Hot Biscuit	Bagel	Cinnamon toast
Banana	Fruit Cocktail	Apricot Halves	Peaches	Banana
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Chicken with	Ravioli & Meat Sauce	Baked Beans w/	Soft beef taco w/	Whole wheat pasta & meat sauce
Mixed veggies and Rice	Carrots	Hot Dogs	lettuce & cheese	Broccoli
Diced Peaches	Diced Pears	Cantaloupe Cubes	Corn	Strawberries
<u>Snack</u>	Whole wheat roll	Roll	Pineapple	<u>Snack</u>
Soft Pretzel	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	Low fat yogurt with Blueberries
Cheddar cheese cubes	Graham Crackers/Strawberries	Low fat cottage cheese/Pears	Whole wheat pita bread w/ Soynut Butter	
<u>21</u>	<u>22</u>	<u>23</u>	<u>26</u>	<u>27</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Whole Grain Cereal	Pancakes	Oatmeal	Whole wheat English Muffin	Cornbread
Orange	Banana	Apple Wedges	Pineapple	Sliced Peaches
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Chicken Pasta w/Peas	Turkey on	Homemade Mac N Cheese	BBQ Chicken	Cheese Pizza on whole grain rich crust
and Carrots	Whole grain rich bread	Broccoli	Broccoli	California blend mixed vegetables
Cantaloupe	Carrot sticks	Pears	Tropical Fruit	Pears
<u>Snack</u>	Fruit Cocktail	<u>Snack</u>	Roll	<u>Snack</u>
Mini pretzels/Tropical Fruit	<u>Snack</u>	Graham crackers	<u>Snack</u>	Snack Mix
Tropical Fruit	Ritz crackers/String Cheese	Apple Slices	Banana, Soynut Butter & Raisins	Juice
<u>28</u>	<u>29</u>	<u>30</u>		
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>		
Whole Grain Cereal	French Toast	Bagel		
Pear Halves	Peaches	Orange		
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>		
Soynut Butter & Jelly sandwich	Soft Chicken Taco	Cheeseburger whole wheat pasta		
Mixed Vegetables	w/ Lettuce & Cheese	Carrots		
Fruit Cocktail	Pineapple Chunks	Applesauce		
<u>Snack</u>	Corn	<u>Snack</u>		
Apple Slices/Pretzels	<u>Snack</u>	Grapes/Whole Grain Cheez its		
	Whole Wheat Pita Bread/Hummus			

Notes:

This menu is peanut-free
Whole milk is served to
children under 2 years of age.

1% or Fat Free Milk is served with
breakfast and lunch to all ages.

