

October



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Grilled Chicken Asado WG Spanish Rice Black Beans Pineapple Tidbits Whole/1% Milk	2 Smothered Meatballs (Onion, Tomato Gravy) WG Dinner Roll Au Gratin Potatoes Fresh Melon Whole/1% Milk	3 Chicken Cheese Quesadilla (1 oz. Diced Chicken, 1 oz. Cheese) Romaine Salad Fresh Banana (1/2) Southwest Ranch Dressing Whole/1% Milk
6 Chicken Cacciatore (Peppers, Onions, Sauce) Polenta Green Beans Diced Pears Whole/1% Milk	7 Salisbury Steak and Gravy WG Dinner Roll Mashed Potatoes Cinnamon Applesauce Whole/1% Milk	8 Teriyaki Chicken WG Brown Rice Garlic Broccoli Pineapple Tidbits Whole/1% Milk	9 BBQ Chicken WG Tortilla Baked Beans Mandarin Orange Segments Whole/1% Milk	10 Beef Patty American Cheese WG Wheat Bun Cauliflower Mashed Fresh Banana (1/2) Whole/1% Milk
13 Closed for PD Day	14 Korean Beef WG Rice Roasted Broccoli Pineapple Tidbits Whole/1% Milk	15 Macaroni And Cheese (3 oz Cheddar Cheese Sauce 3 oz WG Elbow Macaroni) Green Beans Diced Pears Whole/1% Milk	16 Sloppy Joe Meat WG Burger Bun Tater Tots Sliced Peaches Whole/1% Milk	17 Scrambled Cheese Eggs WG French Toast Home Fried Potatoes Fresh Banana (1/2) Whole/1% Milk
20 Breaded Chicken Tenders WG Breadstick Cooked Baby Carrots Fresh Apple Wedges Whole/1% Milk	21 Beef Taco Meat (Seasoned Ground Beef) Shredded Lettuce/Cheese Mexicorn Pineapple Tidbits WG Flour Tortilla Whole/1% Milk	22 BBQ Chicken WG Rice Casserole with Broccoli Mandarin Orange Segments Whole/1% Milk	23 Beef and Chicken Meatballs WG Spaghetti and Sauce Zucchini and White Beans Sliced Peaches Whole/1% Milk	24 Sliced Turkey and Gravy WG Dinner Roll Mashed Potatoes Fresh Banana (1/2) Whole/1% Milk
27 Chicken Nuggets WG Dinner Roll Cooked Carrots Fresh Apple Wedges Whole/1% Milk	28 Beef and Pasta (1 1/2 oz. Beef, 3 oz Sauce) WG Rotini Pasta Broccoli Sliced Peaches Whole/1% Milk	29 Grilled Chicken Asado WG Spanish Rice Black Beans Pineapple Tidbits Whole/1% Milk	30 Smothered Meatballs (Onion, Tomato Gravy) WG Dinner Roll Au Gratin Potatoes Fresh Melon Whole/1% Milk	31 Chicken Cheese Quesadilla (1 oz. Diced Chicken, 1 oz. Cheese) Romaine Salad Fresh Banana (1/2) Whole/1% Milk

	1 & 2 Years	3-5 Years	6-12 Years
Meat or Meat Alternative	1 oz.	1 1/2 oz.	2 oz.
Grains	1/2 oz. eq ²	1/2 oz. eq ²	1 oz. eq ²
Fruit	1/8c.	1/4c	1/4c
Vegetable	1/8c.	1/4c.	1/2c.
Fluid Milk	1/2c	3/4c	1c

The Following Major Food Allergens Are Used As Ingredients: Milk, Egg, Fish, Tree Nuts, Wheat, Soy, and Sesame. All Sites are Peanut and Shellfish Free.

