



# October



HORIZON EDUCATION CENTERS

Oct-22

3	4	5	6	7
Mac & Cheese 6 oz Diced Carrots 1/3 cup Diced Pears 1/3 cup	Sweedish Meatballs 2 oz Peas 1/3 cup Mango 1/3 cup Noodles 1/3 cup	CN WG Chicken Patty 3 oz Green Beans 1/3 cup Fresh Orange 1 Bun 1	Teryaki Chicken 2 oz Mixed Vegetable 1/3 cup Pineapple Tidbits 1/3 cup WG Rice 1/3 cup	WG Cheese Pizza 2 oz Romaine/Cucumbers 1/2 cup Fresh Banana 1/2
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
CN WG Cheicken Tenders 2 oz Mixed Vegetable 1/3 cup Fresh Apple Slices 2 oz Roll 1	BBQ Meatballs 2 oz WG Mac & Cheese 1/3 cup Corn 1/3 cup Mango Chunks 1/3 cup	Beef & Cheese Burrito 2 oz Diced Carrots 1/3 cup Diced Pears 1/3 cup	Parsley Lemon Chicken 3 oz Sweet Peas 1/3 cup Banana 1/2 Brown Rice 1/3 cup	CN Turkey Burger with Cheese 3 oz Green Beans 1/3 cup Diced Peaches 1/3 cup WG Hamburger Bun 1
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Closed for Professional Development	WG Grilled Cheese 4 oz Green Beans 1/3 cup Diced Pears 1/3 cup	CN Beef Burger w/ cheese 3.5 oz Peas 1/3 cup Pineapple Tidbits 1/3 cup WG Hamburger Bun 1	Salisbury Steak & Gravy 3 oz Diced Potatoes 1/3 cup Fresh Apple Slices 2 oz	Turkey & Cheese Sandwich 2 oz Baby Carrots & Ranch 2 oz Fresh Orange 1 WG Bun 1
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Meatball Sub 2 oz Broccoli 1/3 cup Diced Strawberries 1/3 cup WG Hot Dog Bun 1	WG Grilled Cheese 4 oz Green Beans 1/3 cup Applesauce 1/3 cup	Meatloaf 2 oz Mashed Potatoes 1/3 cup WG dinner Roll 1 Fresh Banana 1/2	WG Cheese Ravioli 4 oz Mixed Vegetables 1/3 cup Sliced Peaches 1/3 cup	Wow Butter and Jelly 2.4 oz Cheese Stick 1 oz Romaine/Cucumber Salad 1/3 cup Fresh Orange 1
<b>31</b>				
CN WG Cheicken Tenders 2 oz Mixed Vegetable 1/3 cup Fresh Apple Slices 2 oz Roll 1				

	1 & 2 Years	3-5 Years	6-12 Years
Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.
Grains Breads Pasta Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup
Fruit	1/8 c	1/4 c.	1/4 c.
Vegetable	1/8 c	1/4 c.	1/2 c.
Milk, fluid	1/2 c	3/4 c	1 c

