



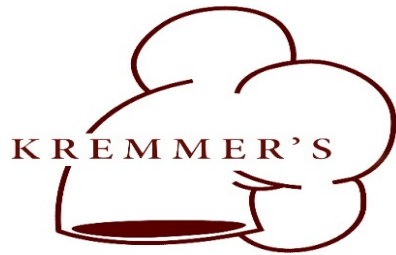
**October 2017**

\*\*\*12-23 Months Served with 4oz Plain Whole Milk, 24-35 Months Served with 4oz Plain 1% Milk, 36 Months – 5 years Served with 6oz Plain 1% Milk, School Age Served 8oz Plain 1% or Fat Free Milk \*\*\*  
 (1-2 Year Old Substitutions listed in italics)

Meal	Sunday 10/1	Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6	Saturday 10/7
Breakfast		Rice Krispies Cereal -Fruit -Milk	½ Whole Grain English Muffin -Fruit Spread -Fruit -Milk	Hard Boiled Egg -Fruit -Milk	Raisin Bread w/ Butter -Fruit -Milk	Blueberry Bagel -Cream Cheese -Fruit -Milk	
Lunch		Meatball Hoagie -Meatballs -Whole Grain Bun -Cali. Veg Blend -Fruit -Milk	Turkey & American on Roll -Deli Turkey -Am. Cheese -Low Fat Mayo -Sandwich Roll -Celery Sticks or Peas -Fruit -Milk	Teriyaki Chicken -Chicken in Teriyaki Sauce -Garlic Green Beans -Brown Rice -Milk	Egg & Cheese Wrap -Scrambled Egg Patty -American Cheese -6" Flour Tortilla -Breakfast Potatoes -Fruit -Milk	Roast Chicken w/ Gravy -Roast Chicken -Dinner Roll -Garden Salad or Mixed Veg -Ranch Dressing -Fruit -Milk	

Meal	Sunday 10/8	Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13	Saturday 10/14
Breakfast		Cheerios -Fruit -Milk	Corn Muffin -Fruit -Milk	Yogurt -Berry Topping -Fruit -Milk	Banana Bread -Fruit -Milk	Whole Grain Bagel -Cream Cheese -Fruit -Milk	
Lunch		Tuna Salad -Wheat Bread -Fresh/Cooked Broccoli -Ranch Dressing -Fruit -Milk	Beef Taco Salad -Taco Beef -Toppings (Cheddar, Lettuce, Salsa) -Tortilla Shell -Corn -Fruit -Milk	Balsamic Chicken -Diced Chicken Breast -Sautéed  Spinach & Couscous -Fruit -Milk	Turkey Ham & Eggs -Turkey Ham -Scrambled Egg -Wheat Bread -Fruit Spread -Breakfast Potatoes -Fruit -Milk	Mac & Cheese -Peas -Fruit -Milk	

This institution is an equal opportunity provider.

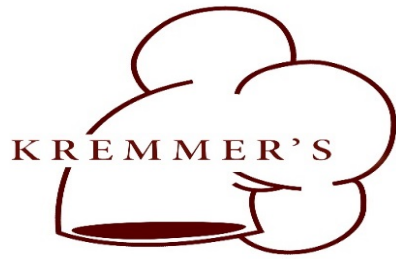


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*(1-2 Year Old Substitutions listed in italics)*

Meal	Sunday 10/15	Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20	Saturday 10/21
<b>Breakfast</b>		<b>Corn Flakes</b> -Fruit -Milk	<b>English Muffin</b> -Fruit Spread -Fruit -Milk	<b>Hard Boiled Egg</b> -Fruit -Milk	<b>Pumpkin Bread</b> -Fruit -Milk	<b>Cinnamon Raisin Bread</b> -Butter -Fruit -Milk	
<b>Lunch</b>		<b>Chicken Cheese Steak</b> -Chicken Steak meat in Marinara Sauce -Shredded Mozz Cheese -Whole Grain Bun -Cooked Carrots -Fruit -Milk	<b>Fish Sticks</b> -Coleslaw -Tartar Sauce -Fruit -Milk	<b>Cheese Burger</b> -Hamburger -American Cheese -Ketchup -Sandwich Roll -Tator Tots -Fruit -Milk	<b>Chicken in Mushroom Sauce</b> -Diced Chicken in Mushroom Sauce -Brown Rice -4 way Veg Blend -Fruit -Milk	<b>Baked Beans w/ Diced Turkey</b> -Bread Stick -Garden Salad or Cal. Veg Blend -Ranch Dressing -Fruit -Milk	

Meal	Sunday 10/22	Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27	Saturday 10/28
<b>Breakfast</b>		Rice Krispies Cereal -Fruit -Milk	Corn Muffin -Fruit -Milk	Yogurt -Berry Topping -Fruit -Milk	Zucchini Bread -Fruit -Milk	Blueberry Bagel -Cream Cheese -Fruit -Milk	
<b>Lunch</b>		Breaded Chicken Sandwich -Breaded Chicken Patty -Mayo/Ranch Dressing -Sandwich Roll -Fresh/Cooked Broccoli -Fruit -Milk	Baked Ziti -Garlic Green Beans -Fruit -Milk	White Bean & Fennel Stew -Brown Rice -Fruit -Milk	Scrambled Eggs w/ Turkey Sausage -Wheat Bread -Fruit Spread -Breakfast Potatoes -Fruit -Milk	Creamed Chicken & Biscuits -Diced Chicken -Biscuit -Corn -Fruit -Milk	



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Meal	Sunday 10/29	Monday 10/30	Tuesday 10/31	Wednesday	Thursday	Friday	Saturday
Breakfast		Cheerios -Fruit -Milk	English Muffin -Fruit Spread -Fruit -Milk				
Lunch		Sloppy Joe -Ground Beef BBQ -Sandwich Roll -Peas -Fruit -Milk	Roast Turkey w/ Apples -Sweet Potato Fries -Pumpkin Bread -Fruit -Milk				