



Main Lunch Menu

October 2022

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk (*menu modifications in italics*)

24months – 36months Old - m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain 1% Milk (*menu modifications in italics*)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 3 Meatballs in Marinara Sauce on WG Hoagie Roll Shredded Mozzarella Cheese Green Beans Fruit Milk Veggie Meatballs</p>	<p>October 4 Chicken Taco w/ Shredded Cheddar Cheese Lettuce WG Flour Tortilla Salsa Fruit Milk Bean Taco NATIONAL TACO DAY</p>	<p>October 5 Turkey Ham & Cheddar Cheese on WG Bun Baby Carrots (cooked carrots) Fruit Mayo Milk Cheese sandwich on WG Bun</p>	<p>October 6 Roast Turkey w/ Gravy Whole Wheat Bread Corn Fruit Butter Milk Lentil BBQ</p>	<p>October 7 Shepherd's Pie (ground beef, mashed potatoes, peas, gravy) Dinner Roll Fruit Milk Lentil Pie</p>
<p>October 10 Hamburger Sliced Cheddar Cheese WG Sandwich Bun Sweet Potato Fries Fruit Milk Veggie Patty on Wheat Bread</p>	<p>October 11 WG Chicken Tenders Mashed Potatoes Fruit Honey Mustard Milk Veggie Nuggets</p>	<p>October 12 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Celery Sticks (Diced Tomatoes) Fruit Lite Ranch Dressing Milk Egg Salad Sandwich on WG Roll</p>	<p>October 13 Swedish Meatballs WG Pasta w/ Butter Green Beans Fruit Milk Veggie Meatballs</p>	<p>October 14 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Carrot Sticks (cooked carrots) Fruit Milk Tofu BBQ</p>
<p>October 17 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage</p>	<p>October 18 Taco Beef Brown Rice Corn & Black Bean Salad Shredded Cheddar Cheese Fruit Milk Bean Burrito</p>	<p>October 19 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese WG Dinner Roll w/ Butter Caesar Dressing Fruit Milk Edamame Grilled Chicken, Dinner Roll & Green Beans</p>	<p>October 20 Baked Ziti w/ Grilled Chicken (WG Pasta w/ tomato sauce and mozz cheese) Green Beans Fruit Milk Veggie Meat Ball Parm</p>	<p>October 21 Turkey & Cheese on WW Bread Mayonnaise Baby Carrots (Cooked Carrots) Ranch Dressing Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread</p>
<p>October 24 Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Fries Fruit Milk Veggie Burger</p>	<p>October 25 Mac & Cheese w/ WG Pasta Peas & Carrots Fruit Milk</p>	<p>October 26 Turkey and Cheddar Cheese Chef Salad Romaine Lettuce w/ Tomato & Cucumbers Ranch Dressing WG Dinner Roll Fruit Milk Edamame Turkey & Cheddar Cheese on Wheat Bread</p>	<p>October 27 Beef Chili Baked Potato Shredded Cheddar Cheese Dinner Roll Fruit Milk Bean Chili NATIONAL POTATO DAY</p>	<p>October 28 SunButter & Fruit Spread Sandwich on WW Bread Carrot Sticks (Diced Tomatoes) Fruit Milk</p>
<p>October 31 Turkey Ham Steak Whole Wheat Bread Peas & Carrots Fruit Milk Veggie Burger</p>	<p>November 1 Beef BBQ on WG Bun Potato Wedges Fruit Milk Veggie Bean BBQ</p>	<p>November 2 Grilled Chicken Garden Salad Ranch Dressing WG Dinner Roll Fruit Milk Edamame Grilled Chicken, Dinner Roll, Diced Cucumbers</p>	<p>November 3 Hamburger Macaroni & Cheese w/ WG Pasta Green Beans Fruit Milk Mac & Cheese</p>	<p>November 4 Turkey Ranch and Cheddar Cheese Wrap on WG Flour Tortilla Carrot Sticks (diced tomatoes) Ranch Fruit Milk Cheese Sandwich</p>

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos