|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3 | 4 | 5 | 6 | 7 |
| B: Blueberry Pancake, Diced Peaches, Milk**L: Latin Black Beans,****White Rice, Roasted****Zucchini, Applesauce, Milk**S: Sun Chips, Bananas | B: Scrambled Eggs, Cinnamon Apples, Milk**L: Crispy Chicken Tenders, Broccoli, Wild Rice Medley, Fruit Cocktail, Milk****Meat Alt. Yogurt**S: Colby Jack Cheese, Whole Wheat Crackers | B: Biscuits w/ Jelly, Pears, Milk**L: Vegetable Chili w/Kidney Beans, Green Peas, Banana, Cornbread Muffin, Milk**S: Vanilla Yogurt, Animal Crackers | B: Sausage Patties, Wheat Toast, Fresh Berries, Milk **L: Turkey Sandwich on Whole Wheat, Steamed Carrots, Mandarin Oranges, Milk****Meat Alt.- Egg Sandwich**S: Cereal Bar, Milk  | B: Yogurt, Mixed Fruit, Milk **L: Oven Roasted Chicken Breast, Mashed Potatoes, Fresh Apple Slices, Wheat Roll, Milk** **Meat Alt. – Kidney Beans**S: Wheat Thins, Diced Pears |
| 10 | 11 | 12 | 13 | 14 |
| B: Boiled Egg, Fruit Cocktail, Milk**L: Pulled Pork, Mashed Sweet Potatoes, Brown Rice, Bananas, Milk**S: Havarti Cheese Cubes, Wheat Crackers | B: Biscuits, Strawberries, Milk**L: Chicken and Cheese Quesadilla, Corn, Pears, Milk** **Meat Alt. Refried Bean Quesadilla**S: Mini Pretzels, Applesauce | B: English Muffins & Bacon, Bananas, Milk**L: Salisbury Steak, Green Beans, Fruit Cocktail, Wheat Roll, Milk****Meat Alt. Yogurt**S: Fig Newton, Milk | B: Blueberry Muffins, Cinnamon Sliced Apples, Milk**L: Cheese Pizza, Mixed Veggies, Fresh Melon, Milk****Dairy Alt- Ham Rollup**S: Cinnamon Raisin Bread, Diced Peaches | B: Cereal, Mixed Fruit, Milk**L: Turkey Sandwich on Whole Wheat Bread, Lima Beans, Orange Wedges, Milk****Meat Alt.-Egg Sandwich**S: Pita Chips, Mild Salsa |
| 17 | 18 | 19 | 20 | 21 |
| B: Cheese Toast, Cinnamon Apples **L: Turkey Burger on Whole Wheat, Mixed Veggies, Mandarin Oranges, Milk Meat Alt.- Black Bean Burger**S: Goldfish, Fruit Yogurt | B: Oatmeal, Bananas, Milk**L: Sloppy Joe w/Ground Beef on Bun, Cauliflower, Fruit Cocktail, Milk****Meat Alt.-Sloppy Joe w/tofu**S: Mozzarella Stick, Whole Wheat Crackers  | B: Pancakes, Mandarin Oranges, Milk**L: Cheese Tortellini w/White Beans and Marinara Sauce, Green Peas, Pineapple Tidbits, Milk**S: Cinnamon Raisin Bread, Banana | B: Cheese Grits, Fresh Berries**L: Chicken Broccoli Alfredo, Green Beans, Diced Peaches, Milk****Meat Alt. Broccoli Alfredo w/ cheese stick**S: Homemade Chex Mix (Goldfish, Pretzels, and Raisins), Applesauce | B: Cereal, Fruit Cocktail, Milk**L: Turkey Rollup on Wheat Tortilla, Steamed Carrots, Fresh Apple Slices, Milk****Meat Alt.-Cheese Rollup**S: Birthday Snack: Yogurt, Pineapple Tidbits, Sugar Cookie |
| 24 | 25 | 26 | 27 | 28 |
| B: Yogurt, Pineapple Tidbits, Milk**L: BBQ Chicken Sliders, Baked Potato Wedges, Fresh Apple Slices, Milk****Meat Alt- BBQ Tofu Sliders** S: Wheat Thins, Peaches | B: Cinnamon Raisin Bread, Banana, Milk**L: Hamburger on Whole Wheat Bun, Steamed Carrots, Pears, Milk****Meat Alt- Bean Burger**S: Goldfish, Applesauce | B: Waffles,Fresh Berries, Milk**L: Kidney Beans, Broccoli, Pineapple Tidbits, Brown Rice, Milk**S: Mini Pretzels, Havarti Cheese Cubes | B: Assorted Muffins, Mandarin Oranges, Milk**L: Macaroni and Cheese, Green Peas, Fresh Melon, Milk****Dairy Alt. – Ham Sandwich**S: Granola, Fruit Yogurt | B: Cereal, Applesauce, Milk**L: Spaghetti and Meatballs, Cauliflower, Peaches, Milk** **Meat Alt- Spaghetti, Marinara Sauce w/ cheese cubes**S: Sun Chips, Mixed Fruit |
| 31 |  |  |  |  |
| B: Blueberry Pancake, Diced Peaches, Milk**L: Latin Black Beans,****White Rice, Roasted****Zucchini, Applesauce, Milk**S: Granola Bar, Orange Wedges |  |  |  |  |

October 2016 Newell Drive Menu