

October 2017 Menu

2	3	4	5	6
B: Blueberry Pancake, Pineapple Tidbits, Milk <b>L: Latin Black Beans, White Rice, Roasted Zucchini, Applesauce, Milk</b>  S: Colby Jack Cheese, Whole Wheat Crackers	B: Scrambled Eggs, Diced Peaches, Milk <b>L: Crispy Chicken Tenders, Mixed Veggies, Wild Rice Medley, Applesauce, Milk</b> <b>Meat Alt. Yogurt</b> S: Cheerios Cereal, Mandarin Oranges	B: Biscuits, Sliced Apples, Milk <b>L: Bean and Cheese Burrito, Green Peas, Bananas, Tortilla, Milk</b> S: Wheat Thins, Mixed Fruit	B: Sausage Patties, Wheat Toast, Orange wedges, Milk <b>L: Turkey Sandwich on Whole Wheat, Steamed Carrots, Diced Pears, Milk</b> <b>Meat Alt- Egg Sandwich</b> S: Goldfish, Pineapple Tidbits	B: Kix Cereal, Diced Pears, Milk <b>L: Oven Roasted Chicken Breast, Mashed Potatoes, Fresh Apple Slices/Applesauce, Wheat Roll, Milk</b> <b>Meat Alt. – Kidney Beans</b> S: Whole Grain Ritz Crackers, Diced Peaches
9	10	11	12	13
B: Boiled Egg, Fruit Cocktail, Milk <b>L: Pulled Pork, Mashed Sweet Potatoes, Brown Rice, Diced Pears, Milk</b> <b>Meat Alt. Black Beans</b> S: Havarti Cheese Cubes, Wheat Club Crackers	B: Biscuits, Mixed Fruit, Milk <b>L: Chicken and Cheese Quesadilla, Corn, Sliced Peaches, Milk</b> <b>Meat Alt. Refried Bean Quesadilla</b> S: Goldfish, Bananas	B: English Muffins, Bacon, Pineapple Tidbits, Milk <b>L: Salisbury Steak, Green Beans, Fresh Apples/Applesauce, Wheat Roll, Milk</b> <b>Meat Alt. Colby Jack Cheese</b> S: Wheat Thins, Mandarin Oranges	B: Blueberry Muffins, Diced Pears, Milk <b>L: Cheese Pizza, Mixed Veggies, Fruit Cocktail, Wheat Crackers, Milk</b> <b>Dairy Alt- Ham Rollup</b> S: Cheerios Cereal, Milk	B: Cinnamon Raisin Bread, Milk <b>L: Turkey Sandwich on Whole Wheat Bread, Lima Beans, Orange slices, Milk</b> <b>Meat Alt- Egg Sandwich</b> S: Yogurt, Mixed Fruit
16	17	18	19	20
B: Cheese Toast, Diced Pears, Milk <b>L: Turkey Burger on Whole Wheat Pita, Mixed Veggies, Mandarin Oranges, Milk</b> <b>Meat Alt- Black Bean Burger</b> S: Goldfish, Fruit Yogurt	B: Oatmeal, Diced Peaches, Milk <b>L: Sloppy Joe w/ Ground Beef on Bun, Squash, Bananas, Milk</b> <b>Meat Alt- Sloppy Joe w/ tofuu</b> S: Colby Jack Cheese Stick, Whole Wheat Crackers	B: Pancakes, Fruit Cocktail, Milk <b>L: Cheese Tortellini w/ White Beans and Marinara Sauce, Green Peas, Pineapple Tidbits, Milk</b> S: Cinnamon Raisin Bread, Milk	B: Cheese Grits, Fresh Berries, Milk <b>L: Chicken Broccoli Alfredo, Green Beans, Diced Peaches, Milk</b> <b>Meat Alt. Broccoli Alfredo w/ cheese stick</b> S: Wheat Thins, Mandarin Oranges	B: Kix Cereal, Pineapple tidbits, Milk <b>L: Turkey Rollup on Wheat Tortilla, Steamed Carrots, Fresh Apple Slices/Applesauce, Milk</b> <b>Meat Alt- Cheese Rollup</b> <b>S: Birthday Snack: Sugar Cookie, Diced Peaches, Milk</b>
23	24	25	26	27
B: Cinnamon Raisin Bread, Applesauce, Milk <b>L: BBQ Chicken Sliders, Baked Potato Wedges, Diced Pears, Milk</b> <b>Meat Alt- BBQ Tofu Sliders</b> S: Whole Grain Cheez It Crackers, Diced Peaches	B: Cheerios Cereal, Mixed Fruit, Milk <b>L: Hamburger on Whole Wheat Bun, Lima Beans, Fresh Orange Slices, Milk</b> <b>Meat Alt- Bean Burger</b> S: Goldfish, Applesauce	B: Waffles, Fresh Berries, Milk <b>L: Kidney Beans, Steamed Carrots, Pineapple Tidbits, Brown Rice, Milk</b> S: Granola, Fruit Yogurt	B: Assorted Muffins, Fruit Cocktail, Milk <b>L: Macaroni and Cheese, Green Peas, Fresh Apple Slices/Applesauce, Wheat Crackers, Milk</b> <b>Dairy Alt. – Ham Sandwich</b> S: Wheat Thins, Mandarin Oranges	B: Vanilla Yogurt, Diced Pears, Milk <b>L: Spaghetti and Meatballs, Squash, Sliced Peaches, Milk</b> <b>Meat Alt- Spaghetti, Marinara Sauce w/ cheese cubes</b> S: Whole Grain Ritz Crackers, Havarti Cheese Cubes
30	31			
B: Blueberry Pancake, Pineapple Tidbits, Milk <b>L: Latin Black Beans, White Rice, Roasted Zucchini, Applesauce, Milk</b>  S: Colby Jack Cheese, Whole Wheat Crackers	B: Scrambled Eggs, Diced Peaches, Milk <b>L: Crispy Chicken Tenders, Mixed Veggies, Wild Rice Medley, Applesauce, Milk</b> <b>Meat Alt. Yogurt</b> S: Cheerios Cereal, Mandarin Oranges			