October 2019 Diamond Village Menu

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| --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 |
|  | B: Waffles w/syrup, Diced Peaches, Milk**L: Spaghetti w/ Marinara Sauce, Squash, White Beans, Fruit Cocktail, Milk** S: WG Wheat Thins\*, Hummus | B: Cinnamon Raisin Bread, Bananas, Milk**L: Chicken Nuggets, Mixed Veggies, Wild Rice\*, Sliced Pears, Milk** **Alt. – Black Beans** S: WG Goldfish Crackers\*, Applesauce  | B: Bagel w/cream cheese, Fruit Cocktail, Milk **L: Seasoned Red Beans, White Rice, Steamed Carrots, Mandarin Oranges, Milk**S: Chex Mix\*, Tropical Fruit  | B: Cheerios/Kix Cereal\*, Diced Peaches, Milk**L: Pancake, Pork Sausage, Potato Wedges, Diced Pineapple, Milk****Meat Alt. – Yogurt**S: Goldfish Graham Crackers, Diced Pears |
| 7 | 8 | 9 | 10 | 11 |
| B: Cheerios/Kix Cereal\*, Diced Peaches, Milk**L: Latin Black Beans, White Rice, Steamed Corn, Mandarin Oranges, Milk** S: Whole Wheat Ritz Crackers, Sun Butter | B: Bagels w/cream cheese, Banana, Milk**L: Cheese Pizza, Green Beans, Sliced Pears, Milk****Dairy Alt. – Turkey Rollup**S: Wheat Thins\*, Diced Pineapple | B: Cinnamon Raisin Bread, Mixed Berries, Milk**L: Turkey & Provolone Sandwich, Baby Carrots, Apple Slices****Meat Alt. Yogurt**S: WG Goldfish Crackers\*, Tropical Fruit | B: Assorted Muffins\*, Applesauce, Milk**L: Oven Fried Chicken, Sweet Potatoes, Dinner Roll, Diced Pineapple****Alt. – Black Beans**S: Granola, Yogurt | B: Cheerios/Kix Cereal\*, Mandarin Oranges**L: Macaroni and Cheese, Green Peas, Sliced Pineapple, Milk****Dairy Alt. – Turkey Sandwich**S: WG Graham Crackers\*, Diced Peaches  |
| 14 | 15 | 16 | 17 | 18 |
| B: Cheerios/Kix Cereal\*, Mandarin Oranges, Milk**L: Pot Roast, Yellow Rice, Green Beans, Tropical Fruit****Meat Alt- Yogurt**S: Cheez It Crackers, Diced Peaches | B: Cinnamon Raisin Bread, Diced Peaches, Milk**L: Spaghetti w/ Marinara Sauce, Squash, White Beans, Fruit Cocktail, Milk** S: WG Wheat Thins\*, Hummus | B: Waffles w/syrup, Fruit Salad, Milk**L: Chicken Nuggets, Mixed Veggies, Wild Rice\*, Sliced Pears, Milk** **Alt. – Black Beans** S: WG Goldfish Crackers\*, Applesauce  | B: Bagel w/cream cheese, Bananas, Milk **L: Seasoned Red Beans, White Rice, Steamed Carrots, Mandarin Oranges, Milk**S: Chex Mix\*, Tropical Fruit  | B: Cheerios/Kix Cereal\*, Diced Peaches, Milk**L: Pancake, Pork Sausage, Potato Wedges, Sliced Pineapple, Milk****Meat Alt. – Yogurt**S: Goldfish Graham Crackers, Diced Pears |
| 21 | 22 | 23 | 24 | 25 |
| B: Cheerios/Kix Cereal\*, Diced Peaches, Milk**L: Latin Black Beans, White Rice, Steamed Corn, Sliced Pineapple, Milk** S: Whole Wheat Ritz Crackers, Sun Butter | B: Bagels w/cream cheese, Banana, Milk**L: Cheese Pizza, Green Beans, Sliced Pears, Milk****Dairy Alt. – Turkey Rollup**S: Wheat Thins\*, Mandarin Oranges | B: Cinnamon Raisin Bread, Mixed Berries, Milk**L: Turkey & Provolone Sandwich, Baby Carrots, Apple Slices****Meat Alt. Yogurt**S: WG Graham Crackers\* Tropical Fruit | B: Assorted Muffins\*, Applesauce, Milk**L: Oven Fried Chicken, Sweet Potatoes, Dinner Roll, Diced Pears****Alt. – Black Beans**S: Granola, Yogurt | B: Cheerios/Kix Cereal\*, Mandarin Oranges**L: Macaroni and Cheese, Green Peas, Sliced Pineapple, Milk****Dairy Alt. – Turkey Sandwich**S: WG Goldfish Crackers\*, Diced Peaches Birthday Snack: Sugar Cookie |
| 28 | 29 | 30 | 31 |  |
| B: Cheerios/Kix Cereal\*, Mandarin Oranges, Milk**L: Pot Roast, Yellow Rice, Green Beans, Tropical Fruit****Meat Alt- Yogurt**S: Cheez It Crackers, Diced Peaches | B: Cinnamon Raisin Bread, Diced Peaches, Milk**L: Spaghetti w/ Marinara Sauce, Squash, White Beans, Fruit Cocktail, Milk** S: WG Wheat Thins\*, Hummus | B: Waffles w/syrup, Fruit Salad, Milk**L: Chicken Nuggets, Mixed Veggies, Wild Rice\*, Sliced Pears, Milk** **Alt. – Black Beans** S: WG Goldfish Crackers\*, Applesauce  | B: Bagel w/cream cheese, Bananas, Milk **L: Seasoned Red Beans, White Rice, Steamed Carrots, Mandarin Oranges, Milk**S: Chex Mix\*, Tropical Fruit  |  |