



October 2024

Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<p>1 <u>Breakfast</u> Whole Grain Pancakes 100% Apple Juice *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Sweet & Sour Chicken Rice Tossed Salad w/Dressing **Carrots Bananas *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Grain Blueberry Lemon Crisp Applesauce Water</p>	<p>2 <u>Breakfast</u> Bananas Whole Grain Cheerios *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Chili w/Ground Beef, Kidney Beans & Rice Cooked Corn Sliced Apples *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Tostado Chips w/Salsa Water</p>	<p>3 <u>Breakfast</u> 100% Orange Juice 100% Whole Wheat Bread w/Cream Cheese *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Make Your Own Ham & Cheese Wraps Carrots /**Mixed Vegetables Whole Grain Tortilla Wraps Peaches *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Wheat Hard Pretzels Mixed Fruit Water</p>	<p>4 <u>Breakfast</u> Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Diced Chicken w/Pasta Green Beans Applesauce *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Apples Whole Grain Ritz Crackers Water</p>
<p>7 <u>Breakfast</u> Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Make Your Own Turkey & Cheese Wraps Carrots/ **Green Beans Sliced Apples Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Grain Maple Crackers Peaches Water</p>	<p>8 <u>Breakfast</u> Whole Grain Kix Cereal Peaches *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Beef Taco Meat w/Tomatoes Shredded Cheese & Lettuce Whole Grain Tortilla Wrap Bananas Cooked Corn *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Grain Soft Pretzel Sticks w/Mustard Applesauce Water</p>	<p>9 <u>Breakfast</u> Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Chicken w/Diced Tomato & Rice Tossed Salad w/Dressing **Carrots Applesauce *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Grain Goldfish Crackers Oranges Water</p>	<p>10 <u>Breakfast</u> Apples Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Make Your Own Ham & Cheese Wraps Celery Whole Grain Tortilla Wraps Peaches *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Grain Animal Crackers Apples Water</p>	<p>11 <u>Breakfast</u> Oranges Whole Grain Bagels *Unflavored Whole/ Skim Milk</p> <p><u>Lunch</u> Ham, Green Bean & Potato Stew String Cheese Whole Grain Crackers Pears *Unflavored Whole/ Skim Milk</p> <p><u>Snack</u> Whole Grain Graham Crackers Cheese Slices Water</p>



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<p>14 Breakfast</p> <p>Bananas Whole Grain Life Cereal *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Turkey & Cheese Wraps Carrots/ **Green Beans Whole Grain Tortilla Wraps Applesauce *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Educational Crackers Peaches Water</p>	<p>15 Breakfast</p> <p>Whole Grain Cheerios Peaches *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Ground Beef w/Pasta Cooked Green Beans Whole Wheat Dinner Rolls Bananas *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Cheese It Crackers Cheese Slices Water</p>	<p>16 Breakfast</p> <p>Apple Juice Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Pulled Pork Tossed Salad w/Dressing **Carrots Seasoned Rice w/Kidney Beans Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Cinnamon Crisp Bites Cheese Slices Water</p>	<p>17 Breakfast</p> <p>100% Orange Juice 100% Whole Wheat Bread w/Cream Cheese *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Soy Pockets **Cheese Sandwiches Large Hard Boiled Eggs Celery Pears *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Apples Whole Grain Blueberry Lemon Crisp Cracker Water</p>	<p>18 Breakfast</p> <p>Applesauce Whole Grain English Muffin *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Chicken Corn Chowder w/Rice & Kidney Beans String Cheese Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Soy Butter on Whole Grain Ritz Crackers Water</p>
<p>21 Breakfast</p> <p>Bananas Multi Grain Corn Chex *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Turkey & Cheese Wraps Red Beets Whole Grain Tortilla Wraps Sliced Apples *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Maple Crackers Apples Water</p>	<p>22 Breakfast</p> <p>100% Orange Juice 100% Whole Grain Pancakes *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Ground Beef w/Salsa & Rice Cooked Carrots Bananas *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Graham Crackers Bananas Water</p>	<p>23 Breakfast</p> <p>Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Chicken Stew w/Mixed Vegetables String Cheese Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Applesauce Whole Grain Goldfish Crackers Water</p>	<p>24 Breakfast</p> <p>100% Orange Juice Whole Grain Waffles w/Cream Cheese *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Make Your Own Ham & Cheese Wraps Celery Whole Grain Tortilla Wraps Mixed Fruit *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Wheat Hard Pretzels Peaches Water</p>	<p>25 Breakfast</p> <p>Diced Pears 100% Whole Grain Bagels *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Pulled Pork Tossed Salad w/Dressing **Carrots Seasoned Rice w/Kidney Beans Pears *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Educational Crackers Cheese Slices Water</p>



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<p>28 Breakfast</p> <p>Whole Grain Life Cereal Oranges *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Yogurt Carrots/** Green Beans Whole Grain Crackers Mozzarella Cheese Sticks / Peaches *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>String Cheese Peaches Water</p>	<p>29 Breakfast</p> <p>Whole Grain English Muffins Bananas *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Sliced Turkey in Gravy Whole Wheat Bread Green Beans Bananas *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Cheese It Crackers Cheese Slices Water</p>	<p>30 Breakfast</p> <p>Whole Grain Rice Krispies Apple *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Diced Ham & Baked Beans 100% Whole Wheat Bread String Cheese Sticks Sliced Apples *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Whole Grain Cinnamon Crisp Bites Applesauce Water</p>	<p>31 Breakfast</p> <p>Whole Grain French Toast Sticks Applesauce *Unflavored Whole/ Skim Milk</p> <p>Lunch</p> <p>Chicken Salad on a Whole Wheat Dinner Roll Tossed Salad w/Dressing ** Carrots Applesauce *Unflavored Whole/ Skim Milk</p> <p>Snack</p> <p>Tostado Chips w/Salsa Water</p>	