

## What's on the Menu?

	<b>MONDAY</b> 10/31	<b>TUESDAY</b> 11/1	<b>WEDNESDAY</b> 11/2	<b>THURSDAY</b> 11/3	<b>FRIDAY</b> 11/4
<b>BREAKFAST</b>	Banana Muffins Turkey Bacon Applesauce Milk/Water	English Muffins Apple Butter Pears Milk/Water	Turkey Sausage Hash Browns Oranges Milk/Water	Whole Wheat Pancakes Blueberries Milk/Water	Rice Crispy Cereal Bananas Milk/Water
<b>LUNCH</b>	Veggie Pasta Alfredo Bread Stick Pineapple Milk/Water	Stir Fry Chicken <span style="color: green;">V-Vegetarian Stir Fry</span> Brown Rice Apricots Milk/Water	Cheese and Spinach Flatbread Pizza Peas and Carrots Tropical Fruit Milk/Water	BBQ Turkey Meatballs <span style="color: green;">V-Vegetarian Patty</span> Mixed Vegetables Mashed Potato Peaches Milk/Water	Chicken Nuggets <span style="color: green;">V-Vegetarian Nuggets</span> Sweet Potato Fries Watermelon Milk/Water
<b>AFTERNOON SNACK</b>	Wheat Crackers String Cheese Water	Veggie Crackers Fruit Cups Water	Fig Newton Applesauce Water	Yogurt Honey Dew Water	Sliced Apples Sun Butter Water

■ Vegetarian Alternative

■ Substitute for Infants/Toddlers

- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Whole milk served to children ages 12-24 months  
1% milk served to children 24 months and older
- ▶ All meals served family style

