

What's on the Menu?

	MONDAY 10/17	TUESDAY 10/18	WEDNESDAY 10/19	THURSDAY 10/20	FRIDAY 10/21
BREAKFAST	Banana Muffins Applesauce Milk/Water	English Muffins Apple Butter Turkey Bacon Pears Milk/Water	Turkey Sausage Hash Browns Oranges Milk/Water	Whole Wheat Pancakes Blueberries Milk/Water	Rice Crispy Cereal Bananas Milk/Water
LUNCH	Pasta Mariana Bread Stick Vegetable Medley Pineapple Milk/Water	Chicken Fried Rice V-Vegetarian Fried Rice Broccoli Tropical Fruit Milk/Water	Cheese Ravioli Succotash Apricot Milk/Water	Turkey w/Gravy V-Vegetarian Patty Brown Rice Mixed Vegetable Pineapple Milk/Water	Turkey Taco w/ Lettuce & Tomato V-Vegetarian Crumble Taco Mexican Corn Watermelon Milk/Water
AFTERNOON SNACK	Cantaloupe String Cheese Water	Veggie Crackers Fruit Cups Water	Spinach Dip Pita Bread Water	Yogurt Animal Crackers 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