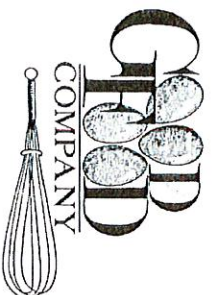




October 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
3 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	4 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	5 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	6 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	7 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
10 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	11 Cinnamon raisin bagel Fresh fruit ~~~~~ Saltines Blueberry yogurt	12 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	13 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	14 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
17 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	18 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	19 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	20 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	21 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
24 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	25 Cinnamon raisin bagel Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	26 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	27 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	28 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
31 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese				Age-appropriate milk must be served with breakfast

+Whole grain



October 2022 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	4 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	5 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	6 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	7 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
10 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	11 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	12 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	13 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	14 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
17 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	18 (V) Whole grain pizza* Garden salad Fresh fruit	19 Chicken Party (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	20 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	21 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
24 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	25 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	26 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	27 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	28 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
31 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, langerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan