



Lunch



October, 2019



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| <p>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</p> | <p>10/1 *Broccoli Quiche Peas +Whole wheat bread/butter Fresh fruit</p> | <p>10/2 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit</p> | <p>10/3 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit</p> | <p>10/4 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p> |
| <p>10/7 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p> | <p>10/8 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p> | <p>10/9 +Dirty brown rice with beef, vegetables, quinoa and farro Apple cole slaw Fresh fruit</p> | <p>10/10 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p> | <p>10/11 *Lasagna Tossed salad Fresh fruit</p> |
| <p>10/14 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p> | <p>10/15 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit</p> | <p>10/16 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p> | <p>10/17 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p> | <p>10/18 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p> |
| <p>10/21 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit</p> | <p>10/22 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p> | <p>10/23 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p> | <p>10/24 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit</p> | <p>10/25 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit</p> |
| <p>10/28 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p> | <p>10/29 +*Whole grain pizza Garden salad Fresh fruit</p> | <p>10/30 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit</p> | <p>10/31 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit</p> | <p>Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, 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</p> |

*Vegetarian meal

+Whole grain