



October 2020



Breakfast & Snack

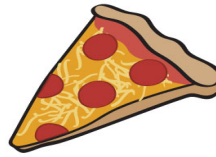


Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age appropriate milk must be served with breakfast</i></p>			<p>1 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>2 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>
<p>5 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>6 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>7 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>8 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>9 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>12 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>13 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt</p>	<p>14 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>15 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>16 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>
<p>19 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>20 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>21 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>22 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>23 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>26 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>27 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt</p>	<p>28 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>29 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>30 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>

+Whole grain



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Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
Age appropriate milk must be served with lunch	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		1 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	2 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
5 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	6 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	7 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	8 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	9 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
12 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	13 (V) Whole grain pizza* Garden salad Fresh fruit	14 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit	15 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	16 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
19 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	20 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	21 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	22 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	23 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
26 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	27 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	28 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	29 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	30 (V) Lasagna Tossed salad Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan