

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
<p>2</p> <p>B: ½ slice toast w scrambled eggs, ½ c apple, ¾ c skim milk</p> <p>S: ½ c cheese stick, 4 Ritz crackers</p> <p>L: Cheese Quesadilla w/ ¼ cup veggie medley, ¼ c pineapple, ¾ c skim milk,</p> <p>S: Cheese stick & ½ c banana</p>	<p>3</p> <p>B: ½ slice bagel, ½ c oranges, cream cheese & jelly</p> <p>S: ¼ c Fruit salsa w/ 6 cinnamon pita chips</p> <p>L: Chili with 1 ½ oz ground turkey & kidney beans, ½ oz cornbread muffin, ¼ green beans, ¼ c fruit cocktail, ¾ c skim milk</p> <p>S: ½ c Cheerios, ½ c skim milk</p>	<p>4</p> <p>B: 1 pancake, ½ c banana ¾ c skim milk</p> <p>S: 1/8 c bean dip & 6 wheat thins</p> <p>L: Flat bread pizza on naan bread w/ 1 ½ oz pepperoni, 5 carrot sticks, ¼ c peaches, ¾ c skim milk</p> <p>S: 6 multigrain crackers and ½ c Oranges</p>	<p>5</p> <p>B: ½ c spam & potatoes, ½ c pineapple, shredded cheese</p> <p>S: ½ c fruit smoothie & 8 pretzels</p> <p>L: Turkey Macaroni 1 ½ oz ground turkey, ¼ oz pasta, ¼ c tropical fruit, ¾ c skim milk</p> <p>S: 6 wheat thins crackers & ½ oz cheese stick</p>	<p>6</p> <p>No School</p>
<p>9</p> <p>B: ½ slice toast w scrambled eggs, ½ c mix fruit, ¾ c skim milk</p> <p>S: ½ c Celery & 1 tbsp peanut butter</p> <p>L: Bean Burrito on a ww tortilla w/ 1oz refried beans, ¼ c cheese, 1/8 c lettuce, 1/8 c tomato, ¼ c pineapple, ¾ c skim milk</p> <p>S: 2 crème crackers w/ PB&J</p>	<p>10</p> <p>B: ½ slice bagel, ½ c banana, peanut butter</p> <p>S: ½ c fruit smoothie & 6 WT</p> <p>L: 1 ½ oz Teriyaki Turkey meatballs, ½ oz mashed potato ¼ c corn, ¼ c peaches, ¾ c skim milk</p> <p>S: ½ oz cheese stick</p> <p>6 Multigrain crackers</p>	<p>11</p> <p>B: 1 pancake, ½ c mix fruit ¾ c skim milk</p> <p>S: 8 pretzel & ½ c apple juice</p> <p>L: Pesto 1 ½ oz chicken, ½ oz pasta, ¼ c peas & tomato, ¼ c tropical fruit, ¾ c skim milk</p> <p>S: 1/8 c beans dip & 10 tortilla chips</p>	<p>12</p> <p>B: ½ c spam & potatoes, ½ c banana, shredded cheese</p> <p>S: 1/8 c broccoli, 1/8 c cheese & ¼ c egg (Broccoli & cheese cups)</p> <p>L: Beenie Weenie 1 ½ oz hot dog, ½ oz pork & bean, ½ oz brown rice, ¼ c corn, ¼ c fruit cocktail, ¾ c skim milk</p> <p>S: Apple & 3 Triscuit crackers</p>	<p>13</p> <p>B: ¾ c Honey bunches of oats cereal, ½ c berries, ¾ c skim milk</p> <p>S: 4 square soda cracker & ½ c honeydew melon</p> <p>L: ½ bread, 1 tbsp peanut butter & jelly sandwich, ¼ c carrot sticks, 1 oz cheese stick, ¼ c mandarin oranges, ¾ c skim milk</p> <p>S: ¼ c Carrots & 6 wheat thin crackers</p>
<p>16</p> <p>B: ½ slice toast w scrambled eggs, ½ c oranges, ¾ c skim milk</p> <p>S: ¼ c hummus w/ 6 pita chips</p> <p>L: Tuscan Grilled Cheese sandwich on ½ slice ww bread w/ 1oz cheese, ½ oz pesto, slice tomato, ¼ c mandarin orange, ¾ c skim milk</p> <p>S: 26 goldfish & ½ c Oranges</p>	<p>17</p> <p>B: ½ slice bagel, ½ c pears, ¾ c skim milk</p> <p>S: ½ hardboiled egg & 4 square soda crackers</p> <p>L: Spaghetti with meat sauce, ¼ c green beans, ¼ c peaches, ¾ c skim milk</p> <p>S: ½ c apples, PB&Craisins</p>	<p>18</p> <p>B: 1 pancake, ½ c berries, ¾ c skim milk</p> <p>S: ½ an English muffin, ¼ c ham, 1/8 c cheese</p> <p>L: 1 ½ oz chicken stew w/ ¼ c carrots, potato, & celery, ½ oz brown rice, ¼ c fruit cocktail, ¾ c skim milk</p> <p>S: Club cracker and PB</p>	<p>19</p> <p>B: ½ c spam & potatoes, ½ c banana, shredded cheese</p> <p>S: ½ c PB banana smoothie & 6 Wheat thins</p> <p>L: Sloppy joe 1 ½ oz ground turkey on a ww roll, ¼ c corn, ¼ c peaches, ¾ c skim milk</p> <p>S: 4 ritz crackers and Cheese Squares</p>	<p>20</p> <p>B: ½ c Cheerio's cereal, ½ c bananas, ¾ c skim milk</p> <p>S: ½ oz cheese on ¼ slice tortilla (Quesadilla)</p> <p>L: 1 oz Ham, ½ oz slice cheese on a ww bun, ¼ c lettuce & 5 carrot sticks, ¼ c pears, ¾ c skim milk</p> <p>S: 10 cheese its and skim milk</p>
<p>23</p> <p>B: ½ slice toast w scrambled eggs, ½ c oranges, ¾ c skim milk</p> <p>S: 8 pretzels & ½ apple juice</p> <p>L: 1 ½ oz Tuna on roll w/ 1 oz cheese, ¼ c lettuce, 5 carrot sticks, ¼ c fruit cocktail, ¾ c skim milk</p> <p>S: ½ oz cheese stick & 4 Ritz</p>	<p>24</p> <p>B: ½ slice bagel, ½ c pears, cream cheese</p> <p>S: 6 Wheat thins, ¼ c hummus</p> <p>L: Curry 1 ½ oz ground turkey, ¼ c potato, carrot, & celery, ½ oz brown rice ¼ c pineapple, ¾ c skim milk</p> <p>S: ¼ c PB & ½ banana</p>	<p>25</p> <p>B: 1 pancake, ½ c melon, ¾ c skim milk</p> <p>S: ½ c oranges, 4 crème crackers</p> <p>L: Casserole w/ 1 ½ oz chicken, ¼ c broccoli, ½ oz bread & cream of chicken ¼ c mandarin orange, ¾ c skim milk</p> <p>S: 3 Triscuit crackers and ½ c Carrots</p>	<p>26</p> <p>B: ½ spam&potatoes, ½ c pears, ¾ c skim milk</p> <p>S: 26 goldfish & ½ c apple</p> <p>L: 1 ½ oz pork stew w/ ¼ c potato, carrots, & celery, ½ oz brown rice, ¼ c peaches, ¾ c skim milk</p> <p>S: Apples and 4 graham crackers</p>	<p>27</p> <p>B: ¾ c Raisin Bran cereal, ½ c apples, ¾ c skim milk</p> <p>S: ½ c celery 1 tbsp peanut butter</p> <p>L: 1 oz Caesar Chicken on ½ slice tortilla, ¼ oz lettuce, ½ oz cheese stick, ¼ c carrots & cucumber, ¼ c tropical, fruit, ¾ c skim milk</p> <p>S: 4 Ritz and Cheese Squares</p>
<p>30</p> <p>B: ½ slice toast with scrambled eggs, ½ c cantaloupe, ¾ c skim milk</p> <p>S: Fruit salad 1/8 c strawberries, cantaloupe, blue berries, oranges, & grapes w/ 6 cauliflower chips</p> <p>L: Veggie Stir Fry w/ ¼ c carrots, peas, onions, celery, ¼ c peaches, ¾ c skim milk</p> <p>S: 4 graham crackers & PB</p>	<p>31</p> <p>B: ½ slice bagel, ½ c banana, peanut butter</p> <p>S: : ½ an English muffin, ¼ c ham, 1/8 c cheese (English muffin skewer)</p> <p>L: 1 ½oz Parmesan chicken, ¼ c broccoli, ½ oz spaghetti, ¼ c fruit cocktail, ¾ c skim milk</p> <p>S: 1/8 c refried beans & 10 tortilla chips</p>			

MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY AND SEASONALITY OF ITEMS

