

Sept 30-Oct 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	WG Cereal	Pancakes	WG Cinnamon Toast	Yogurt w/ granola	WG Cereal
	Craisins	Apples	Blueberries	Strawberries	Bananas
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<b><u>Lunch</u></b> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	HM Beef Chili Mac (WG Noodles)	Cheese Pizza (WG Crust)	Turkey Wrap (Tortilla)	Ham Casserole (WG Brown Rice)	HM Potato & Cheddar Soup Saltines Pineapples Mixed Vegetables & (Potato)
	Fruit Cocktail	Peaches	Cranberry Sauce	Pears	
	Carrots	Peas	Green Beans	Corn	
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<b><u>Snack</u></b> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit</li> <li>• Meat or meat alternate</li> </ul>	Ritz	HM WG Chex Mix	Goldfish	WG Tortilla Chip Hummus	HM Pumpkin Bread
	Grapes	Oranges	Raisins		Applesauce

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be served with the snack.

Abbreviations and symbols:

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Note about our meats: All beef and poultry are cooked from fresh on site. Pork, fish and luncheon meat products may be pre cooked. Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

October 9 - 13	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	<p>WG Cereal</p> <p>Apples</p> <p>1 % Milk</p>	<p>Pancakes</p> <p>Strawberries</p> <p>1 % Milk</p>	<p>WG Toast w/ Jelly</p> <p>Blueberries</p> <p>1 % Milk</p>	<p>Boiled Eggs</p> <p>Bananas</p> <p>1 % Milk</p>	<p>WG Cereal</p> <p>Raisins</p> <p>1 % Milk</p>
<p><b>Lunch</b></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	<p><b>Breakfast for Lunch</b></p> <p>Sausage Patties</p> <p>HM Biscuits</p> <p>Oranges</p> <p>Potatoes</p> <p>1 % Milk</p>	<p>Cheese Sandwich</p> <p>WG Bun</p> <p>Pears</p> <p>Carrots</p> <p>1 % Milk</p>	<p>Beef Taquitos</p> <p>Tortillas</p> <p>Mango</p> <p>Refried Beans</p> <p>1 % Milk</p>	<p>Tuna Casserole</p> <p>Brown Rice</p> <p>Pineapple</p> <p>Peas</p> <p>1 % Milk</p>	<p>Chicken Lo Mein</p> <p>WG Noodles</p> <p>Fruit Cocktail</p> <p>Mixed Vegetables</p> <p>1 % Milk</p>
<p><b>Snack</b></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit</li> <li>• Meat or meat alternate</li> </ul>	<p>Cheese Its</p> <p>Tropical Fruit</p>	<p>WG Cherrios</p> <p>Applesauce</p>	<p>Ritz Crackers</p> <p>Pepperoni slices</p>	<p>Cheese Bread Strips</p> <p>Marinara Sauce</p>	<p>Grapes</p> <p>String Cheese</p>

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October 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	WG English Muffins w/ Jelly	WG Cereal	Bagels w/Cream cheese	WG Cereal	WG Oatmeal
	Mandarin Oranges	Fruit Cocktail	Oranges	Blueberries	Raisins
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<b>Lunch</b> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	HM Spanish Rice-Beef (Brown Rice)	Alaskan Cod Sticks WG Buttered Noodles	BBQ Pulled Pork Bun	Turkey Croutons	Chicken Alfredo (Noodles)
	Pears	Peaches	Strawberries	Apples	Pineapple
	Beets	Peas	Corn	Sweet Potato	Green Beans
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<b>Snack</b> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit</li> <li>• Meat or meat alternate</li> </ul>	Pretzels	Graham Crackers	HM Snack Mix	Club Crackers	Cheeze its
		Applesauce	Craisins	Bananas	
	Cheese				Ham Cubes

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October 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	WG Cereal  Raisins  1 % Milk	Waffles  Applesauce  1 % Milk	WG Cinnamon Pita  Fruit Cocktail  1 % Milk	Sausage Patties  Apples  1 % Milk	WG Cereal  Bananas  1 % Milk
<b>Lunch</b> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	Turkey & Cheese Sandwich  WG Bread  Blueberries  Mixed Vegetables  1 % Milk	Beef Stroganoff (Noodles) Strawberries  Green Beans  1 % Milk	Chicken Stir Fry (WG Brown Rice) Mandarin Oranges  Broccoli  1 % Milk	Tuna Melt  WG English Muffins  Peaches  Peas  1 % Milk	Scalloped Potato w/ Ham  Saltines  Tropical Fruit  Corn  1 % Milk
<b>Snack</b> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit</li> <li>• Meat or meat alternate</li> </ul>	Croutons  Pickles	WG Club Crackers  Pineapple	Goldfish  Pears	Ritz  Oranges	Wheat Thins  Carrots w/Ranch

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October 30 - November 3	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b></p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	<p>WG Cereal</p> <p>Strawberries</p> <p>1 % Milk</p>	<p>WG Oatmeal</p> <p>Craisins</p> <p>1 % Milk</p>	<p>HM Banana Bread</p> <p>Raisins</p> <p>1 % Milk</p>	<p>WG Toast w/ Jelly</p> <p>Blueberries</p> <p>1 % Milk</p>	<p>WG Cereal</p> <p>Bananas</p> <p>1 % Milk</p>
<p><b>Lunch</b></p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	<p>Bean and Cheese Taquitos (Tortillas)</p> <p>Tropical Fruit</p> <p>Carrots</p> <p>1 % Milk</p>	<p>BBQ Chicken</p> <p>WG Bun</p> <p>Peaches</p> <p>Home Fries-Potato</p> <p>1 % Milk</p>	<p>Ham Sandwich</p> <p>WG Bread</p> <p>Oranges</p> <p>Corn</p> <p>1 % Milk</p>	<p>HM Beef Cowboy Stew</p> <p>Fritos</p> <p>Fruit Cocktail (Kidney &amp; Pork N Beans)</p> <p>1 % Milk</p>	<p>Broccoli and Cheese Soup</p> <p>Oyster Crackers</p> <p>Mandarin oranges</p> <p>Mixed Vegetables</p> <p>1 % Milk</p>
<p><b>Snack</b></p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit</li> <li>• Meat or meat alternate</li> </ul>	<p>Pretzels</p> <p>Grapes</p>	<p>Cheese It</p> <p>Pears</p>	<p>WG Herbed Pita</p> <p>Hummus</p>	<p>Apples</p> <p>String Cheese</p>	<p>Ritz</p> <p>Juice</p>

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