

October 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
Breakfast Oranges WG Chex	Lunch Spaghetti Marinara Cottage Cheese Broccoli Pears Milk	Breakfast Grapes WG Rice Cake	Lunch Picnic WG Deli Round Sun butter & Jelly Carrots Apples	Breakfast Ham Crasins	Lunch Yogurt WG Maple Granola Banana Blueberry	Breakfast WG Kix Blueberries	Lunch Tomato soup Cheese Quesadilla Cucumber Apples	Breakfast WG Banana Bread Boiled Egg Oranges	Lunch Fish Sticks Corn WG Fish Crackers Assorted Fruit
PM Snack Crackers Cheese Sticks		PM Snack Inservice		PM Snack WG Gold Fish Crackers Apples		PM Snack Carrots Hummus		PM Snack Cinnamon Tortilla Chips Apple Salsa Milk	
8		9		10		11		12	
Breakfast WG Life Cereal Oranges	Lunch WG Deli Thins Turkey Cheese Lettuce Pineapple	Breakfast WG Bagel Sun butter Birdseed (granola with Sunflower seed, pumpkin seeds & raisins)	Lunch Skillet Lasagna Cottage Cheese Broccoli Peaches	Breakfast WG Kix Cereal Oranges	Lunch Pan Cakes Sausage Carrot Soufflé Blueberries	Breakfast Yogurt Bananas	Lunch Chicken Brown rice & Quinoa Green Beans Cranberry Sauce	Breakfast WG Pumpkin Bread Applesauce	Lunch WG Bagels Cream Cheese Boiled Eggs Celery Broccoli Mandarin oranges
PM Snack Cucumbers Cheese		PM Snack Graham Crackers Bananas		PM Snack Sun butter Apples		PM Snack WG Wheat Thin crackers Cheese Sticks		PM Snack Tortilla Chips Salsa	

USDA is an equal opportunity provider and employer.

We try to stay as close to this menus as possible, but do on occasion, make substitutions based on product availability and freshness.

Age appropriate milk is served daily with breakfast and lunch. Whole Milk 1-2 years of age and Skim or 1% for children over 2.

Monday		Tuesday		Wednesday		Thursday		Friday	
15		16		17		18		19	
Breakfast Oranges WG Chex	Lunch Spaghetti Marinara Cottage Cheese	Breakfast Grapes WG Rice Cake	Lunch WG Deli Round Sun butter & Jelly	Breakfast Ham Crasins	Lunch Yogurt WG Maple Granola Banana Blueberry	Breakfast WG Kix Blueberries	Lunch Butternut Squash & Apple Soup Grilled	In Service Day	
PM Snack Crackers Cheese Sticks	Broccoli Pears Milk	PM Snack Cottage Cheese Pears	Carrots Apples	PM Snack WG Goldfish Apples		PM Snack Carrots Hummus	Cheese on WG Bread Broccoli Peaches		
22		23		24		25		26	
Breakfast WG Life Cereal Oranges	Lunch WG Deli Thins Turkey Cheese Lettuce Pineapple	Breakfast WG Bagel Sun butter Birdseed (granola with Sunflower seed, pumpkin seeds & raisins)	Lunch Penne Pasta Marinara Cottage Cheese Broccoli Peaches	Breakfast WG Kix Cereal Oranges	Lunch Maple Apple French Toast Sweet potatoes Mandarin Oranges	Breakfast Yogurt Bananas	Lunch Chicken Brown rice & Quinoa Green Beans Mango	Breakfast Crackers Cottage Cheese Raisins	Lunch Bagels with Cream Cheese or Hummus Carrot Sticks Bananas
PM Snack Crackers Cheese Sticks		PM Snack Graham Crackers Bananas		PM Snack Sun butter Apples		PM Snack Cucumbers Milk		PM Snack Tortilla Chips Salsa	

<p>29</p> <p>Breakfast Bananas WG Cheerios</p> <p>Lunch Orange Chicken WG Brown Rice Broccoli Pineapple</p> <p>PM Snack Goldfish Celery Milk</p>	<p>30</p> <p>Breakfast Grapes WG Rice Cake</p> <p>Lunch Maple Oat Granola Vanilla Yogurt Blueberries Bananas</p> <p>PM Snack Cottage Cheese Peaches</p>	<p>31</p> <p>Breakfast Make a Face WG Bagels Bananas, Crasins Sunbutter</p> <p>Lunch Black Bean Burgers Cheddar Cheese Deli Thins Green Salad Mango</p> <p>PM Snack Oranges Milk</p>		
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