

Menus for October, 2023

Week of October 2, 2023

Day	Breakfast	Lunch	Snack
Monday	Kix Cereal Cantaloupe Milk	Teriyaki Chicken Mashed Potatoes Pineapple Chunks Buttered Wheat Bread Milk	Wheat Thin Crackers Fresh Carrot Sticks w/ Tzatziki Sauce Water
Tuesday	Multigrain Bagel w/ Cream Cheese Banana Milk	Pulled Pork Baked Beans Pears Roll Milk	Graham Crackers Fresh Broccoli With Ranch Dip Water
Wednesday	Corn Chex Cereal Mandarin Oranges Milk	Baked Lasagna Mixed Veggies Fruit Cocktail Buttered Wheat Bread Milk	Yogurt Granola Apple Wedges Water
Thursday	Ham & Cheese Biscuit Fresh Strawberries Milk	Extra Cheesy Whole Wheat Quesadilla Celery /Cucumbers w/ Ranch Applesauce Milk	Chex Mix Orange Slices Water
Friday	Wheat French Toast Sticks with syrup Banana Milk	Meatballs and Gravy Rice Green Beans Peaches Milk	Animal Crackers Seasonal Fruit Cup Cooking Project: Food Pyramid Platter Water

Week of October 9, 2023

Day	Breakfast	Lunch	Snack
Monday	Rice Chex Cereal Fresh Melon Milk	Tater Tot Casserole with Baked Ham Mixed Veggies Peaches Buttered Wheat Bread Milk	Goldfish Crackers Apple Wedges Water
Tuesday	Pancakes with syrup Banana Milk	Beef Taco in Wheat Wrap Celery & Cucumbers With Ranch Dip Pears Milk	Pretzels Fresh Broccoli with Cheese Dip Water
Wednesday	Biscuit with Preserves Mandarin Oranges Milk	PIZZA DAY Extra Cheese Pizza Spring Salad Mix Applesauce Milk	Wheat Ritz Crackers Orange Slices Water
Thursday	Crispix Fresh Strawberries Milk	Macaroni & Cheese w/ Extra Cheese Vegetable Blend Sliced Peaches Buttered Wheat Bread Milk	Graham Crackers Fresh Carrot Sticks w/ Tzatziki Sauce Water
Friday	Cinnamon Raisin Multigrain English Muffins Banana Milk	Barbeque Chicken Rice Baked Beans Pineapple Milk	Honey Nut Cheerios w/ Raisins Seasonal Fruit Cup Cooking Project: Band-Aid Water

Week of October 16, 2023

Day	Breakfast	Lunch	Snack
Monday	Cinnamon Chex Cereal Fresh Cantaloupe Milk	Scrambled Eggs and Ham Hashbrowns Fruit Cocktail Buttered Wheat Bread Milk	Chex Mix Orange Slices Water
Tuesday	Multigrain Bagel w/ Cream Cheese Banana Milk	Grilled Cheese Sandwich Green Beans Pears Milk	Yogurt with Granola Apple Wedges Water
Wednesday	Wheat French Toast Sticks with syrup Mandarin Oranges Milk	Turkey and Cheese Wrap Celery /Cucumbers w/ Ranch Pineapple Chunks Milk	Goldfish Crackers Fresh Broccoli w/ Ranch Dip Water
Thursday	Kix Cereal Fresh Strawberries Milk	Chicken and Gravy Rice Corn Applesauce Milk	Animal Crackers Seasonal Fruit Water
Friday	Ham & Cheese Biscuit Banana Milk	Meatball Subs Italian Salad with white Balsamic Dressing Fruit Cocktail Milk	Wheat Crackers Fresh Carrot Sticks with Tzatziki Sauce Cup Cooking Project: Easy Apple Pie Water

Week of October 23, 2023

Day	Breakfast	Lunch	Snack
Monday	Berry Berry Kix Fresh Melon Milk	Fish Sticks Scalloped Potatoes Pineapple Chunks Milk	Saltine Cracker & Cheese Apple Wedges Water
Tuesday	Cinnamon Raisin Multigrain English Muffin Banana Milk	Waffles Sausage Fruit Cocktail Hashbrowns Milk	Graham Crackers Orange Slices Water
Wednesday	Life Cereal Mandarin Oranges Milk	Chicken Nuggets Mixed Veggies Applesauce Milk	Pretzels Fresh Broccoli Cheese Dip Water
Thursday	Biscuit with Preserves Fresh Strawberries Milk	Baked Cheese Ravioli Celery /Cucumbers w/ Ranch Pears Buttered Wheat Bread Milk	Cheerios & Raisins Seasonal Fruit Water
Friday	Pancakes with syrup Banana Milk	Chicken Taco in Wheat Wraps Tossed Salad w/ Dip Mango Chunks Milk	Cheezits Carrot Sticks with Ranch Dip Cup Cooking Project: Ants of a Log Water

NOTE: Between child's first and second birthday, whole milk is served. After age 2, low fat (1%) milk is served. When no beverage is listed, water will be the beverage served.