

WEEKLY MENU RECORD

Name of Center/Sponsor	HLC Montessori School		Month-October		October 14-18	Year 2017
Menu Item	Menu		Menu		Menu	Menu
Breakfast	Monday Date 10-23	Tuesday Date 10-24	Wednesday Date 10-25	Thursday Date 10-26		
Milk	Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Veg./Juice	Canned Peaches	Canned Pineapples	Canned Pears	Canned Applesauce	Canned Mandarin Oranges	
Bread/Grains	Boxed Cereal	Frozen French Toast Sticks	Boxed Cereal	Biscuits and Gravy	Boxed Cereal	
<i>(Must serve 3 components)</i>						
<b>A.M. Supplement</b>						
Milk						
Meat/Meat Alternate						
Fruit/Veg./Juice						
Bread/Grains						
<i>(Must serve 2 components)</i>						
<b>Lunch</b>						
Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	Frozen Pizza	Turkey and Cheese Slice	Sloppy Joes/Fresh Ground Beef	Ranch Chicken Wraps	Spaghetti/Noddles/Fr. Gr. Beef	
Fruit/Veg.	Canned Corn	Fresh Carrots/Ranch	Canned Peas	Garden Salad	Canned Green Beans	
Fruit/Veg.	Canned Applesauce	Canned Pears	Canned Mandarin Oranges	Canned Pineapples	Canned Fruit Cocktail	
Bread/Grains		Sliced Bread	Bun	Tortilla Shell	Crackers	
<i>(Must serve 5 items)</i>						
<b>P.M. Supplement</b>						
Milk	Milk	Milk	Milk	Water	Milk	
Meat/Meat Alternate					Cream Cheese	
Fruit/Veg./Juice		Fresh Bananas		Salsa		
Bread/Grains	Gold Fish	Vanilla Wafers	Cheez-Its	Tortilla Chips	Pretzels	
<i>(Must serve 2 components)</i>						
<b>Supper</b>						
Milk						
Meat/Meat Alternate						
Fruit/Veg.						
Fruit/Veg.						
Bread/Grains						
<i>(Must serve 5 items)</i>						

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