

Holli-Hills October 2019 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
September 30 – October 4	AM Snack:	Nutrigrain Bar	Oatmeal	Waffles	Toasted Oats	Cinnamon Toast
	Lunch:	Bean and cheese on Corn tortilla Green beans Pears	Chicken Nuggets Macaroni and cheese Corn Apples	Turkey and cheese on Wheat bread Spinach Oranges	Pinto Beans Corn Tortilla and cheese quesadilla Carrots Fruit Cocktail	Fish sticks Garlic bread Baked tater tots Bananas Milk
	PM Snack:	Cheese Crackers Milk	Grilled Cheese	Graham crackers Milk	Animal Crackers Milk	Gold fish Milk
October 7-11	AM Snack:	Oatmeal	Toasted Oats	Biscuits	Cinnamon Toast	Waffles
	Lunch:	Meatballs Spaghetti Green beans Peaches Milk	Turkey and cheese on Wheat bread Spinach Apples	Chicken Nuggets Brown rice Carrots Pineapple Milk	Bean and cheese on Corn tortilla Mixed Vegetables Pears	Fish sticks Garlic bread Baked Cut Fries Bananas Milk
	PM Snack:	Animal Crackers Milk	Pretzels Milk	Gold fish Milk	Graham crackers Milk	Grilled Cheese
October 14-18	AM Snack:	Nutrigrain Bar	Oatmeal	Waffles	Toasted Oats	Cinnamon Toast
	Lunch:	Bean and cheese on Corn tortilla Green beans Pears	Chicken Nuggets Macaroni and cheese Corn Apples	Turkey and cheese on Wheat bread Spinach Oranges	Pinto Beans Corn Tortilla and cheese quesadilla Carrots Fruit Cocktail	Fish sticks Garlic bread Baked tater tots Bananas Milk
	PM Snack:	Cheese Crackers Milk	Grilled Cheese	Graham crackers Milk	Animal Crackers Milk	Gold fish Milk
October 21-25	AM Snack:	Oatmeal	Toasted Oats	Biscuits	Cinnamon Toast	Waffles
	Lunch:	Meatballs Spaghetti Green beans Peaches Milk	Turkey and cheese on Wheat bread Spinach Apples	Chicken Nuggets Brown rice Carrots Pineapple Milk	Bean and cheese on Corn tortilla Mixed Vegetables Pears	Fish sticks Garlic bread Baked Cut Fries Bananas Milk
	PM Snack:	Animal Crackers Milk	Pretzels Milk	Gold fish Milk	Graham crackers Milk	Grilled Cheese
October 28 – November 1	AM Snack:	Nutrigrain Bar	Oatmeal	Waffles	Toasted Oats	Cinnamon Toast
	Lunch:	Bean and cheese on Corn tortilla Green beans Pears	Chicken Nuggets Macaroni and cheese Corn Apples	Turkey and cheese on Wheat bread Spinach Oranges	Pinto Beans Corn Tortilla and cheese quesadilla Carrots Fruit Cocktail	Fish sticks Garlic bread Baked tater tots Bananas Milk
	PM Snack:	Cheese Crackers Milk	Grilled Cheese	Graham crackers Milk	Animal Crackers Milk	Gold fish Milk

Food Group Key:

Milk Lean Meat/ Meat Alternative Vegetable Fruit Whole

Grain Note: Water is available with every meal and throughout the day