



Breakfast & Snack - October, 2019

	10/1 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	10/2 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	10/3 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	10/4 +Blueberry-peach oatmeal ~~~~~ +Soft breadsticks Cheese cubes
10/7 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	10/8 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	10/9 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	10/10 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	10/11 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch
10/14 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	10/15 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	10/16 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	10/17 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	10/18 +Blueberry-peach oatmeal ~~~~~ +Soft breadsticks Cheese cubes
10/21 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	10/22 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	10/23 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	10/24 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	10/25 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch
10/28 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	10/29 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	10/30 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	10/31 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	

+ Whole grain



Lunch – October, 2019

<p><i>~This menu is designed for children age 12+ months Age appropriate milk must be served with lunch</i></p>	<p>10/1 *Broccoli Quiche Peas +Whole wheat bread/butter Fresh fruit</p>	<p>10/2 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>10/3 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>10/4 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>10/7 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>10/8 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>10/9 +Dirty brown rice with beef, vegetables, quinoa and farro Apple cole slaw Fresh fruit</p>	<p>10/10 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>10/11 *Lasagna Tossed salad Fresh fruit</p>
<p>10/14 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>10/15 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>10/16 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>10/17 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>10/18 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>10/21 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit</p>	<p>10/22 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>10/23 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>10/24 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit</p>	<p>10/25 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit</p>
<p>10/28 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>10/29 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>10/30 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit</p>	<p>10/31 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit</p>	<p><i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i></p>

*Vegetarian meal
+Whole grain



Vegetarian lunch – October, 2019

	10/1 Avocado chickpea salad cups Peas Whole wheat bread /butter Fresh fruit	10/2 Gluten free spaghetti & tomato sauce w/ soy Spinach salad Fresh fruit	10/3 Picadillo Zucchini & yellow squash Whole wheat bread/butter Fresh fruit	10/4 Lentil taco w/ corn tortilla Corn Fresh fruit
10/7 Black bean tortilla soup Spinach salad Whole wheat bread/butter Fresh fruit	10/8 Buffalo chickpea taquitos Mashed sweet potatoes Whole wheat bread/butter Fresh fruit	10/9 Vegetarian dirty brown rice, vegetables & quinoa Apple cole slaw Fresh fruit	10/10 Enchilada casserole With corn tortilla Green beans Fresh fruit	10/11 French lentils with thyme Tossed salad Fresh fruit
10/14 Spicy black bean wrap Corn tortilla Tossed salad Fresh fruit	10/15 Veg out chili Broccoli salad Whole wheat bread/butter Fresh fruit	10/16 Vegan jambalaya Peas Fresh fruit	10/17 Black bean burger Bean medley Whole wheat roll Fresh fruit	10/18 Mushroom stroganoff California blend vegetables Whole wheat bread/butter Fresh fruit
10/21 Chickpea curry with potatoes Corn & edamame Whole wheat roll Fresh fruit	10/22 Gluten free cheese melt Tomato alphabet soup Fresh fruit	10/23 Vegan shepherd's pie Pineapple/Mango Coleslaw Whole wheat bread/butter Fresh fruit	10/24 Lentil loaf Sugar snaps & carrots Whole wheat bread/butter Fresh fruit	10/25 Penne macaroni, vegan cheese & white beans Mixed vegetables Fresh fruit
10/28 White bean mushroom soup Spinach salad Fresh fruit	10/29 Gluten free pizza Garden salad Fresh fruit	10/30 Asian salad with baked tofu Whole wheat bread/butter Fresh fruit	10/31 Moroccan sweet potato lentil soup Carrots Whole wheat bread/butter Fresh fruit	

All entrees are vegan and gluten free

Soups are not vegan

Salad dressings are not vegan

Butter is not vegan

Sweet potatoes are not vegan

Bread is not gluten free or vegan