

	Monday	Tuesday 10/1/19	Wednesday 10/2/19	Thursday 10/3/19	Friday 10/4/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk		BERRY OATMEAL BANANA SLICES * MILK	<u>BREAKFAST BURRITO</u> PEAR HALVES * MILK	BLUEBERRY MUFFIN CANTALOUPE * MILK	SCRAMBLED EGGS W/ CHEESE CROSSIANT APPLESAUCE * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk		POT ROAST MULTIGRAIN ROLL ROASTED CARROTS MASH POTATOES *MILK	<u>BEEF GOULASH W/</u> <u>EXTRA CHEESE</u> WW MACRONI NOODLES CORN ON THE COB PINEAPPLE RINGS * MILK	FISH TACO WHOLE WHEAT TORTILLA COLESLAW CORN * MILK	CHICKEN ALFREDO W/ WHOLE GRAIN PENNE STRAWBERRY APPLESauce PEAS & CARROTS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk		TRISCUT CRACKERS BOILED EGG HALVES WATER	CHEESE TOAST HONEYDEW MELON WATER	LOWFAT YOGURT BANANA WATER	WHOLE GRAIN TORTILLA CHIPS <u>AVOCADO & CORN SALSA</u> WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk		BAKED BEEF SPAGHETTI WHOLE WHEAT NOODLES SWEET PEAS PEACHES *MILK	HONEY GLAZED CHICKEN WHOLE WHEAT ROLL BLACK EYE PEAS FRUIT COCKTAIL * MILK	<u>TURKEY TETRAZZINI</u> WHOLE WHEAT NOODLES ZUCCHINI & SQUASH REFRIED BEANS * MILK	3 CHEESE PIZZA ON WW FLATBREAD TOSSED SALAD ORANGE SLICES * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk		CELERY STICKS PEANUT/SOY BUTTER WATER	BLUEBERRY BAGEL STRAWBERRY W/ COOL WHIP WATER	BANANA NUT MUFFIN PEAR SLICES WATER	APPLE CINNAMON RICE CAKES LOW FAT YOGURT
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 10/7/19	Tuesday 10/8/19	Wednesday 10/9/19	Thursday 10/10/19	Friday 10/11/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CINNAMON FRENCH TOAST STICKS STRAWBERRIES *MILK <input type="checkbox"/> Whole Grain	BREAKFAST PIZZA WHOLE GRAIN ENGLISH MUFFIN, CREAM CHEESE & STRAWBERRIES *MILK <input type="checkbox"/> Whole Grain	BUTTERMILK WAFFLES HASHBROWNS * MILK <input type="checkbox"/> Whole Grain	ENRICHED GRITS APPLE SLICES * MILK <input type="checkbox"/> Whole Grain	TURKEY SAUSAGE TATOR TOTS * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SWEDISH MEATBALLS W/ WHOLE WHEAT NOODLES MIXED VEGGIES WATERMELON *MILK <input type="checkbox"/> Whole Grain	SMOKED CHICKEN LEGS ENRICHED CORNBREAD COLLARD GREENS BAKED BEANS *MILK <input type="checkbox"/> Whole Grain	SLICED ROASTED TURKEY BROWN RICE W/ GRAVY <u>GLAZED PEARS</u> GREEN BEANS * MILK <input type="checkbox"/> Whole Grain	HAM & SWISS CHEESE ON WHOLE GRAIN CROSSIANT SPINACH & TOMATO SALAD PINEAPPLE RINGS * MILK <input type="checkbox"/> Whole Grain	FISH STICKS CORNBREAD MUFFINS FRENCH FRIES HONEY DEW *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	RANCH WHEAT THINS APPLE SLICES WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS *MILK <input type="checkbox"/> Whole Grain	TORTILLA CHIPS QUESO WATER <input type="checkbox"/> Whole Grain	GOLDFISH ORANGE SLICES WATER <input type="checkbox"/> Whole Grain	SUNCHIPS FRUIT COCKTAIL WATER <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN TERIYAKI FRIED RICE (BROWN RICE) BROCCOLI & CARROT SLIK FDV PINEAPPLE RINGS * MILK <input type="checkbox"/> Whole Grain	<u>ZUCCHINI LASAGNA</u> W/ GROUND BEEF ROMAINE SALAD RASPBERRY VINAIGRETTE MANDARIAN ORANGES * MILK <input type="checkbox"/> Whole Grain	<u>SCRAMBLED BURGER</u> WHOLE GRAIN BUN SWEET POTATO FRIES POTATO SALAD *MILK <input type="checkbox"/> Whole Grain	CHICKEN NUGGETS WHOLE WHEAT ROLL STRAWBERRY HALVES STEAMED CORN * MILK <input type="checkbox"/> Whole Grain	<u>TURKEY GUMBO</u> OVER BROWN RICE POTATO SALAD BAKED BEANS *MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN TORTILLA CHIPS SALSA WATER <input type="checkbox"/> Whole Grain	HARD PRETZELS TANGERINES WATER <input type="checkbox"/> Whole Grain	CHEEZ-ITS APPLESAUCE WATER <input type="checkbox"/> Whole Grain	<u>BANANA WALDORF</u> WITH LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	RITZ CRACKERS WATERMELON WATER <input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 10/14/19	Tuesday 10/15/19	Wednesday 10/16/19	Thursday 10/17/19	Friday 10/18/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	BLUEBERRY PANCAKES BANANA * MILK <input type="checkbox"/> Whole Grain	EGG OMLET PEACHES * MILK <input type="checkbox"/> Whole Grain	CINNAMON APPLE OATMEAL PEAR HALVES *MILK <input type="checkbox"/> Whole Grain	LOWFAT YOGURT BLUEBERRIES * MILK <input type="checkbox"/> Whole Grain	BAGEL W/ CHEDDAR CHEESE APPLESAUCE * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BBQ PULLED PORK WHOLE WHEAT BUN SWEET POTATO FRIES BAKED BEANS * MILK <input type="checkbox"/> Whole Grain	<u>TAMALE PIE</u> ENRICHED BROWN RICE GREEN BEANS TOSSED SALAD * MILK <input type="checkbox"/> Whole Grain	<u>FOUR CHEESE WG PANINI</u> BROCCOLI FLORETS W/DIP STRAWBERRY HALVES * MILK <input type="checkbox"/> Whole Grain	CHICKEN NUGGETS WHOLE WHEAT ROLL FRENCH FRIES PEACHES * MILK <input type="checkbox"/> Whole Grain	HAMBURGER MULIGRAIN BUN CANTALOUPE SPINACH SALAD * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED PRETZELS HONEYDEW MELON WATER <input type="checkbox"/> Whole Grain	GREEK YOGURT GRANOLA WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN CRACKERS TANGERINES WATER <input type="checkbox"/> Whole Grain	ENRICHED ANIMAL CRACKERS PINEAPPLE CHUNKS WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN TORTILLA CHIPS SALSA/CHEESE DIP 100% FRUIT PUNCH <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHOPPED STEAK BROWN RICE W/GRAVY BAKED CINNAMON APPLES CORN * MILK <input type="checkbox"/> Whole Grain	<u>PITA PIZZA POCKET</u> WHOLE GRAIN PITA BREAD CARROTS W/ RANCH DIP PEACH HALVES * MILK <input type="checkbox"/> Whole Grain	CHICKEN PARMESAN WHOLE WHEAT ROTINI CHOPPED ROMAINE SALAD APPLE SLICES * MILK <input type="checkbox"/> Whole Grain	TURKEY & CHEESE ON WHOLE WHEAT PITA WRAP POTATO SALAD FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain	BAKED COD WHOLE WHEAT PASTA SALAD BROCCOLI W/ CHEESE PEARS * MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	<u>HUMMUS WRAP</u> (WHOLE WHEAT TORTLLA, , HUMMUS, SPINACH) WATER <input type="checkbox"/> Whole Grain	CINNAMON BELVITA CRACKERS APPLESAUCE WATER <input type="checkbox"/> Whole Grain	TRAIL MIX PEAR SLICES WATER <input type="checkbox"/> Whole Grain	APRICOT SLICES COTTAGE CHEESE WATER <input type="checkbox"/> Whole Grain	BLUEBERRY MUFFIN BANANA WATER <input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 10/21/19	Tuesday 10/22/19	Wednesday 10/23/19	Thursday 10/24/19	Friday 10/25/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	HONEY BUNCHES OF OATS PINEAPPLE CHUNKS *MILK <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT APPLESAUCE * MILK <input type="checkbox"/> Whole Grain	CHEESE BAGUETTE PEAR HALVES * MILK <input type="checkbox"/> Whole Grain	BLUEBERRY PANCAKES SAUSAGE ON A STICK HONEYDEW MELON ^MILK <input type="checkbox"/> Whole Grain	CROISSANT W/ JELLY PEACHES *MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN QUESADILLA WHOLE WHEAT TORTILLA SEASONED CORN REFRIED BEANS * MILK <input type="checkbox"/> Whole Grain	SALSIBURY STEAK W/ GRAVY BROWN RICE <u>SQUASH CASSEROLE</u> PEACHES * MILK <input type="checkbox"/> Whole Grain	BAKED FISH FILET WHOLE WHEAT ROLL MASHED POTATOES GREEN BEANS * MILK <input type="checkbox"/> Whole Grain	BLT ON WW TEXAS TOAST (Canadian bacon, lettuce,tomato) TOSSED SALAD PINEAPPLE TIDBITS * MILK <input type="checkbox"/> Whole Grain	TURKEY CHILLI ENRICHED CORNBREAD MUFFIN CUCUMBER SLICES CANTELOUPE * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE WHEAT CHEX * MILK <input type="checkbox"/> Whole Grain	GOLDFISH CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	HAM & CHEESE PINWHEEL WHOLE WHEAT TORTILLA WATER <input type="checkbox"/> Whole Grain	ENRICHED ANIMAL CRACKERS LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	SUNCHIPS 100% BERRY JUICE <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SLICED HONEY HAM HAWAIIAN ROLL BAKED SWEET POTATO GREEN BEANS * MILK <input type="checkbox"/> Whole Grain	TURKEY & CHEESE WRAP WHOLE GRAIN PITA CUCUMBER SALAD FRUIT COCKTAIL *MILK <input type="checkbox"/> Whole Grain	BEEF LASAGNA WHOLE GRAIN NOODLES PINEAPPLE CHUNKS SHREDDED CARROTS * MILK <input type="checkbox"/> Whole Grain	<u>APRICOT & LEMON CHICKEN</u> WHOLE WHEAT MAC & CHEESE STRAWBERRY TART SWEET PEAS *MILK <input type="checkbox"/> Whole Grain	CHEF SALAD WITH RANCH (TURKEY, CHEESE, BOILED EGG) WHOLE WHEAT BREAD STICK ORANGE WEDGES *MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE WHEAT SALTINES PR/SOY BUTTER WATER <input type="checkbox"/> Whole Grain	BLUEBERRY BAGEL STRAWBERRY HALVES COOL WHIP WATER <input type="checkbox"/> Whole Grain	ENRICHED HARD PRETZELS TANGERINES WATER <input type="checkbox"/> Whole Grain	TEDDY GRAHAMS APPLE SLICES WATER <input type="checkbox"/> Whole Grain	CINNAMON BELVITA CRACKERS *MILK <input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 10/28/19	Tuesday 10/29/19	Wednesday 10/30/19	Thursday 10/31/19	Friday
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CINNAMON FRENCH TOAST STICKS GRAPES HALVES *MILK <input type="checkbox"/> Whole Grain	<u>CRANBERRY PUMPKIN MUFFIN</u> APPLESAUCE *MILK <input type="checkbox"/> Whole Grain	BAGEL W/ CREAM CHEESE STAWBERRIES *MILK <input type="checkbox"/> Whole Grain	SCRAMBLED EGGS CROSSIANT KIWI *MILK <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<u>BEAN & RICE BURRITOS</u> WHOLE GRAIN TORTILLA CELERY W/ DIP APPLE SLICES *MILK <input type="checkbox"/> Whole Grain	BAKED SPAGHETTI W/ GROUND TURKEY WHOLE GRAIN NOODLES GREEN BEANS PEAR HALVES *MILK <input type="checkbox"/> Whole Grain	BAKED TILIPIA WHOLE WHEAT ROLL MIXED VEGGIES FRUIT SALAD *MILK <input type="checkbox"/> Whole Grain	HAM & CHEESE ON WW PITA SPINACH & TOMATO SALAD RASPBERRY VINAIGRETTE KIWI & STRAWBERRY SLICES *MILK <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED ANIMAL CRACKERS *MILK <input type="checkbox"/> Whole Grain	<u>EAGLE NEST</u> (PEACH HALVES, COTTAGE CHEESE, RAISINS) WATER <input type="checkbox"/> Whole Grain	GRILLED CHEESE SANDWICH (WHOLE WHEAT BREAD, CHEDDAR CHEESE) WATER <input type="checkbox"/> Whole Grain	<u>PETER PUMPKIN SQUARES</u> *MILK <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH NUGGETS WHOLE GRAIN ROLL TATOR TOTS APRICOT HALVES *MILK <input type="checkbox"/> Whole Grain	POT ROAST W/ GRAVY BROWN RICE BLACKEYE PEAS STEAMED CABBAGE *MILK <input type="checkbox"/> Whole Grain	<u>HAWAIIAN TURKEY SLIDER</u> WHOLE WHEAT BUN FRENCH FRIES CELERY STICKS W/ RANCH *MILK <input type="checkbox"/> Whole Grain	ORANGE CHICKEN W/ STICKY RICE CABBAGE APPLE CRISP *MILK <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED RICE CAKES DICED PEACHES WATER <input type="checkbox"/> Whole Grain	EGG SALAD WHOLE GRAIN PITA WATER <input type="checkbox"/> Whole Grain	HARVEST CHEDDAR SUNCHIPS 100% BERRY BERRY JUICE <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS GREEK YOGURT WATER <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				