



HARVEST OF THE MONTH: ZUCCHINI

OCT 2019

| | 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 MULITGRAIN 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 WATERMELON * 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 |
| | <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 |
| TWO COMPONENTS | * 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 |
| * 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 |
| * 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 |
| * 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 |
| * 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. | | | | | |