



| | | | | Thursday | Friday 10/1/21 |
|--|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk 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 |
| | | | | | |
| LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid 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 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 |
| | | | | | |
| <p><i>* 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.</i></p> | | | | | |



| | Monday 10/4/21 | Tuesday 10/5/21 | Wednesday 10/6/21 | Thursday 10/7/21 | Friday 10/8/21 |
|--|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| AM SNACK | | | | | |
| Meat/Meat Alternate | ENRICHED CHICKEN BISCUIT | LOWFAT YOGURT | PUMPKIN PATCH PANCAKES | MULTI GRAIN CERRIOS | WHOLE WHEAT CHEESE TOAST |
| Whole Grain/Grain Alternate | BANANA | CRUSHED PINEAPPLE | SLICED PEARS | 100% JUICE | MIXED BERRIES |
| Vegetable or Fruit | | | | | |
| Fluid Milk | | | | | |
| 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 |
| LUNCH | | | | | |
| Meat/Meat Alternate | FISH STICKS | HAM AND CHEESE SLIDER | CHICKEN FILET SANDWICH | SALSBURY STEAK | BBQ PULLED PORK |
| Whole Grain/Grain Alternate | WHOLE WHEAT ROLL | WHOLE WHEAT SLIDER BUN | MULTI GRAIN BUN | BROWN RICE W/ GRAVY | ENRICHED TEXAS TOAST |
| Vegetable or Fruit | MASHED POTATOES | SLICED CUCUMBER W/DIP | CANTALOUPE | APRICOT HALVES | DICED PEACHES |
| Vegetable | MIXED VEGETABLES | BAKED BEANS | SWEET PEAS | ROASTED ZUCCHINI | COLE SLAW |
| Fluid Milk | *MILK | *MILK | * MILK | * MILK | * MILK |
| 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 |
| PM SNACK | | | | | |
| Meat/Meat Alternate | GRILLED CHEESE SANDWICH | WHOLE WHEAT BREAD STICK | WHOLE GRAIN CRACKERS | ENRICHED HARD PRETZELS | BEEF HOT DOG |
| Whole Grain/Grain Alternate | WHOLE WHEAT BREAD | MARINARA SAUCE | CARROT RAISIN SALAD | APPLESAUCE | WHOEL WHEAT BUN |
| Vegetable or Fruit | | | | | |
| Fluid Milk | WATER | WATER | WATER | WATER | 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 |
| * 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 10/11/21 | Tuesday 10/12/21 | Wednesday 10/13/21 | Thursday 10/14/21 | Friday 10/15/21 |
|--|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| AM SNACK | | | | | |
| Meat/Meat Alternate | WHOLE GRAIN OATMEAL | ENRICHED SAUSAGE BISCUIT | MULTI GRAIN CEREAL | WHOLE WHEAT WAFFLES | SPINACH, EGG & CHEESE OMELET |
| Whole Grain/Grain Alternate | BANANA | STRAWBERRIES | 100% ORANGE JUICE | SLICED KIWI | ENRICHED BISCUIT |
| Vegetable or Fruit | | | | | |
| Fluid Milk | | | | | |
| 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 |
| LUNCH | | | | | |
| Meat/Meat Alternate | HOMEMADE MAC AND CHEESE | SLICED HONEY HAM | THREE CHEESE PIZZA | CHEF SALAD W/ RANCH | ROAST BEEF SANDWICH |
| Whole Grain/Grain Alternate | WHOLE WHEAT NOODLES | WHOLE WHEAT WRAP | WHOLE WHEAT PIZZA CRUST | (TURKEY, CHEESE, BOILED EGG) | WHOLE WHEAT BREAD |
| Vegetable or Fruit | BAKED APPLES | HONEYDEW MELON | PINEAPPLES | GRAPE HALVES | MANDARIN ORANGES |
| Vegetable | PEAS AND CARROTS | BROCCOLI FLORETS | CUCUMBER SLICES | FRENCH FRIES | FARMERS CHILI* |
| Fluid Milk | * MILK | *MILK | * MILK | * MILK | * MILK |
| 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 |
| PM SNACK | | | | | |
| Meat/Meat Alternate | WHOLE GRAIN TORTILLA CHIPS | PUMPKIN BREAD | MULTI GRAIN CRACKERS | LOW FAT YOGURT | WHOLE GRAIN RICE CAKES |
| Whole Grain/Grain Alternate | CHUNKY VEGGIE SALSA | MILK* | STRING CHEESE | SLICED PEARS | TROPICAL FRUIT SALAD |
| Vegetable or Fruit | | | | | |
| Fluid Milk | WATER | | WATER | WATER | 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 |
| * 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 10/18/21 | Tuesday 10/19/21 | Wednesday 10/20/21 | Thursday 10/21/21 | Friday 10/22/21 |
|-----------------------------|--|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| AM SNACK | | | | | |
| Meat/Meat Alternate | ENRICHED CHICKEN BISCUIT | MULTI GRAIN CERRIOS | CANADIAN BACON | MULTIGRAIN CEREAL | WHOLE WHEAT PANCAKES |
| Whole Grain/Grain Alternate | STRAWBERRIES | 100% PINEAPPLE ORANGE | HASHBROWN | BANANA | DICED PEACHES |
| Vegetable or Fruit | | | | | |
| Fluid Milk | | | | | |
| 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 |
| LUNCH | | | | | |
| Meat/Meat Alternate | BEEF HAMBURGER | ROTISSERIE CHICKEN | BEEF AND BROCCOLI STIR FRY | BAKED FISH FILET | HAM ROLLUPS |
| Whole Grain/Grain Alternate | WHOLE WHEAT BUN | WHOLE WHEAT ROLL | BROWN RICE | WHOLE WHEAT ROLL | WHOLE WHEAT TORTILLA WRAP |
| Vegetable or Fruit | WATERMELON | FRUIT COCKTAIL | PINEAPPLE CHUNKS | CORN ON COB | CANTALOUPE CHUNKS |
| Vegetable | TATER TOTS | MIXED VEGATBLES | RED/GREEN BELL PEPPER STRIPS | SPINACH & TOMATO SALAD | JACK-O-LANTERN SOUP |
| Fluid Milk | * MILK | *MILK | * MILK | * MILK | * MILK |
| 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 |
| PM SNACK | | | | | |
| Meat/Meat Alternate | LOWFAT YOGURT | WHOLE GRAIN GOLDFISH | ENRICHED PRETZELS | TURKEY SANDWICH | WHOLE GRAIN TRAIL MIX |
| Whole Grain/Grain Alternate | HONEYDEW MELON | TOMATO SOUP | CHEDDAR CHEESE CUBES | WHOLE WHEAT BREAD | CELERY STICKS, RAISINS |
| Vegetable or Fruit | | | | | |
| Fluid Milk | WATER | WATER | WATER | WATER | 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 |
| | * 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 10/25/21 | Tuesday 10/26/21 | Wednesday 10/27/21 | Thursday 10/28/21 | Friday 10/29/21 |
|---|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| AM SNACK | | | | | |
| Meat/Meat Alternate | ENRICHED PUMPKIN MUFFIN | SCRAMBLED EGGS W/DICED HAM | WHOLE GRAIN CEREAL | ENRICHED OATMEAL | ENRICHED BISCUIT |
| Whole Grain/Grain Alternate | BANANA | ORANGE WEDGES | 100% CHERRY JUICE | STRAWBERRIES | SAUSAGE GRAVY |
| Vegetable or Fruit | | | | | PEACHES |
| Fluid Milk | | | | | |
| 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 |
| LUNCH | | | | | |
| Meat/Meat Alternate | HOT TURKEY & SWISS | FISH STICKS | (HM) CHICKEN NOODLE SOUP | CHEESE AND BEEF RAVIOLI | CHICKEN NUGGETS |
| Whole Grain/Grain Alternate | WHOLE WHEAT SLIDER BUN | WHOLE WHEAT ROLL | WHOLE WHEAT CRACKERS | WHOLE WHEAT BREAD | WHOLE WHEAT ROLL |
| Vegetable or Fruit | PEAR HALVES | APRICOT HALVES | SLICED RED APPLE | WATERMELON CHUNKS | CANTALOUPE |
| Vegetable | TATER TOTS | STEAMED BROCCOLI | CARROT, CELERY | GREEN BEANS | POTATO SALAD |
| Fluid Milk | * MILK | * MILK | * MILK | * MILK | * MILK |
| 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 |
| PM SNACK | | | | | |
| Meat/Meat Alternate | ENRICHED ANIMAL CRACKERS | WHOLE GRAIN TORTILLA CHIPS | ENRICHED PITA CHIPS | PEANUT/SOY BUTTER | MINI NACHOS |
| Whole Grain/Grain Alternate | CARROT STICKS | 100% APPLE JUICE | SALSA | CELERY AND CARROT STICKS | WHOLE GRAIN TORTILLA CHIPS |
| Vegetable or Fruit | | | | | REFIRED BEANS & CHEESE |
| Fluid Milk | WATER | | WATER | WATER | 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 |
| <p>* 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.</p> | | | | | |