



				Thursday	Friday 10/1/21
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					SCRAMBLED EGGS TATOR TOTS * 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					THREE CHEESE PIZZA WHOLE WHEAT CRUST PINEAPPLE TIDBITS CUCUMBER 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					ENRICHED PUMKIN MUFFIN CINNAMON APPLESAUCE 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					CHICKEN & RICE CASSEROLE WHOLE WHEAT ROLL PEAR HALVES STEAMED ZUCHINNI * 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
<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
DINNER					
Meat/Meat Alternate	GROUND BEEF SPAGHETTI	CHICKEN ALFREDO	SHRIMP FRIED RICE	EXTRA CHEESE QUESADILLA	ROASTED TURKEY
Whole Grain/Grain Alternate	WHOLE WHEAT ROLL	WHOLE WHEAT NOODLES	WHOLE WHEAT ROLL	WHOLE WHEAT TORTILLA	ENRICHED CORN MUFFIN
Vegetable or Fruit	MANDARIN ORANGES	APPLESAUCE	PINEAPPLE CHUNKS	PINTO BEANS	FRUIT COCKTAIL
Vegetable	TOSSED SALAD	GREEN BEANS	STEAMED BROCCOLI	ZESTY CORN	STEAMED YELLOW SQUASH
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
<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>					



	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/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN OATMEAL BANANA	ENRICHED SAUSAGE BISCUIT STRAWBERRIES	MULTI GRAIN CEREAL 100% ORANGE JUICE	WHOLE WHEAT WAFFLES SLICED KIWI	SPINACH, EGG & CHEESE OMELET ENRICHED BISCUIT
	<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	HOMEMADE MAC AND CHEESE WHOLE WHEAT NOODLES BAKED APPLES PEAS AND CARROTS * MILK	SLICED HONEY HAM WHOLE WHEAT WRAP HONEYDEW MELON BROCCOLI FLORETS *MILK	THREE CHEESE PIZZA WHOLE WHEAT PIZZA CRUST PINEAPPLES CUCUMBER SLICES * MILK	CHEF SALAD W/ RANCH (TURKEY, CHEESE, BOILED EGG) GRAPE HALVES FRENCH FRIES * MILK	ROAST BEEF SANDWICH WHOLE WHEAT BREAD MANDARIAN ORANGES FARMERS CHILI* * 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	WHOLE GRAIN TORTILLA CHIPS CHUNKY VEGGIE SALSA WATER	PUMPKIN BREAD MILK*	MULTI GRAIN CRACKERS STRING CHEESE WATER	LOW FAT YOGURT SLICED PEARS WATER	WHOLE GRAIN RICE CAKES TROPICAL FRUIT SALAD 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED CHICKEN WHOLE WHEAT ROLL MASHED POTATOES TOSSED SALAD * MILK	BEEF AND CHEESE NACHOS WHOLE GRAIN TORTILLA CHIPS TROPICAL FRUIT SALAD CARROT STICKS * MILK	PULLED PORK WHOLE WHEAT BUN SLICED RED APPLES BAKED BEANS * MILK	TURKEY MEATLOAF WHOLE WHEAT DINNER ROLL STEAMED CORN FRUIT COCKTAIL * MILK	FISH STICKS WHOLE WHEAT BREAD PINEAPPLE RINGS STEAMED ZUCHINNI * 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
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	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
DINNER					
Meat/Meat Alternate	TURKEY MEATBALL SUB	TUNA SALAD	SLICED HAM AND CHEESE	BEEF SLOPPY JOE	BBQ CHICKEN PIZZA
Whole Grain/Grain Alternate	WHOLE WHEAT BUN	WHOLE WHEAT BREAD	WHOLE GRAIN BREAD	ENRICHED WHEAT BUN	ENRICHED WHEAT CRUST
Vegetable or Fruit	SLICED PEARS	RED AND GREEN GRAPE HALVES	APRICOT HALVES	GREEN APPLES	ORANGE SLICES
Vegetable	STEAMED KALE	GREEN BEENS	VEGATABLE SOUP	DELI BAKED BEANS	STEAMED ZUCHINNI
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
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	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
DINNER					
Meat/Meat Alternate	BAKED CHICKEN & RICE	GROUND BEEF SOFT TACO	BAKED PORKCHOPS	SHRIMP POPPERS	BEEF STEW
Whole Grain/Grain Alternate	WHOLE WHEAT ROLL	ENRICHED FLOUR TORTILLA	ENRICHED CORNBREAD	ENRICHED BROWN RICE	MULTI GRAIN ROLL
Vegetable or Fruit	DICED PEACHES	MANGO CHUNKS	COLLARD GREENS	HONEYDEW MELON	MANADARIN ORANGES
Vegetable	PINTO BEANS	TOSSES SALAD	BLACKEYED PEAS	SWEET PEAS	CARROTS
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
<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>					