



				Thursday	Friday 10/1/21
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					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					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
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 10/4/21	Tuesday 10/5/21	Wednesday 10/6/21	Thursday 10/7/21	Friday 10/8/21
BREAKFAST					
Whole Grain/Grain Alternate	ENRICHED CHICKEN BISCUIT	LOWFAT YOGURT	PUMPKIN PATCH PANCAKES	MULTI GRAIN CERRIOS	WHOLE WHEAT CHEESE TOAST
Vegetable or Fruit	BANANA	CRUSHED PINEAPPLE	SLICED PEARS	100% JUICE	MIXED BERRIES
Fluid Milk	* MILK	* MILK	* MILK	* MILK	* 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	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
	<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	WHOLE 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
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN OATMEAL BANANA * MILK <input type="checkbox"/> Whole Grain	ENRICHED SAUSAGE BISCUIT STRAWBERRIES * MILK <input type="checkbox"/> Whole Grain	MULTI GRAIN CEREAL 100% ORANGE JUICE * MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT WAFFLES SLICED KIWI *MILK <input type="checkbox"/> Whole Grain	SPINACH, EGG & CHEESE OMELET ENRICHED BISCUIT * MILK <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 <input type="checkbox"/> Whole Grain	SLICED HONEY HAM WHOLE WHEAT WRAP HONEYDEW MELON BROCCOLI FLORETS *MILK <input type="checkbox"/> Whole Grain	THREE CHEESE PIZZA WHOLE WHEAT PIZZA CRUST PINEAPPLES CUCUMBER SLICES * MILK <input type="checkbox"/> Whole Grain	CHEF SALAD W/ RANCH (TURKEY, CHEESE, BOILED EGG) GRAPE HALVES FRENCH FRIES * MILK <input type="checkbox"/> Whole Grain	ROAST BEEF SANDWICH WHOLE WHEAT BREAD MANDARIAN ORANGES FARMERS CHILI* * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN TORTILLA CHIPS CHUNKY VEGGIE SALSA WATER <input type="checkbox"/> Whole Grain	PUMPKIN BREAD MILK* <input type="checkbox"/> Whole Grain	MULTI GRAIN CRACKERS STRING CHEESE WATER <input type="checkbox"/> Whole Grain	LOW FAT YOGURT SLICED PEARS WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN RICE CAKES TROPICAL FRUIT SALAD WATER <input type="checkbox"/> Whole Grain
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
<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>					



	Monday 10/18/21	Tuesday 10/19/21	Wednesday 10/20/21	Thursday 10/21/21	Friday 10/22/21
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CHICKEN BISCUIT STRAWBERRIES * MILK <input type="checkbox"/> Whole Grain	MULTI GRAIN CERRIOS 100% PINEAPPLE ORANGE * MILK <input type="checkbox"/> Whole Grain	CANADIAN BACON HASHBROWN * MILK <input type="checkbox"/> Whole Grain	MULTIGRAIN CEREAL BANANA *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT PANCAKES DICED PEACHES * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF HAMBURGER WHOLE WHEAT BUN WATERMELON TATER TOTS * MILK <input type="checkbox"/> Whole Grain	ROTISSERIE CHICKEN WHOLE WHEAT ROLL FRUIT COCKTAIL MIXED VEGATBLES *MILK <input type="checkbox"/> Whole Grain	BEEF AND BROCCOLI STIR FRY BROWN RICE PINEAPPLE CHUNCKS RED/GREEN BELL PEPPER STRIPS * MILK <input type="checkbox"/> Whole Grain	BAKED FISH FILET WHOLE WHEAT ROLL CORN ON COB SPINACH & TOMATO SALAD * MILK <input type="checkbox"/> Whole Grain	HAM ROLLUPS WHOLE WHEAT TORTILLA WRAP CANTALOUPE CHUNCKS JACK-O-LANTERN SOUP * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	LOWFAT YOGURT HONEYDEW MELON WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN GOLDFISH TOMATO SOUP WATER <input type="checkbox"/> Whole Grain	ENRICHED PRETZELS CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	TURKEY SANDWICH WHOLE WHEAT BREAD WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN TRAIL MIX CELERY STICKS, RAISINS 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 10/25/21	Tuesday 10/26/21	Wednesday 10/27/21	Thursday 10/28/21	Friday 10/29/21
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED PUMPKIN MUFFIN BANANA * MILK <input type="checkbox"/> Whole Grain	SCRAMBLED EGGS W/DICED HAM ORANGE WEDGES * MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN CEREAL 100% CHERRY JUICE * MILK <input type="checkbox"/> Whole Grain	ENRICHED OATMEAL STRAWBERRIES * MILK <input type="checkbox"/> Whole Grain	ENRICHED BISCUIT SAUSAGE GRAVY PEACHES * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOT TURKEY & SWISS WHOLE WHEAT SLIDER BUN PEAR HALVES TATER TOTS * MILK <input type="checkbox"/> Whole Grain	FISH STICKS WHOLE WHEAT ROLL APRICOT HALVES STEAMED BROCCOLI * MILK <input type="checkbox"/> Whole Grain	(HM) CHICKEN NOODLE SOUP WHOLE WHEAT CRACKERS SLICED RED APPLE CARROT, CELERY * MILK <input type="checkbox"/> Whole Grain	CHEESE AND BEEF RAVIOLI WHOLE WHEAT BREAD WATERMELON CHUNKS GREEN BEANS * MILK <input type="checkbox"/> Whole Grain	CHICKEN NUGGETS WHOLE WHEAT ROLL CANTALOUPE POTATO SALAD * MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED ANIMAL CRACKERS CARROT STICKS WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN TORTILLA CHIPS 100% APPLE JUICE <input type="checkbox"/> Whole Grain	ENRICHED PITA CHIPS SALSA WATER <input type="checkbox"/> Whole Grain	PEANUT/SOY BUTTER CELERY AND CARROT STICKS WATER <input type="checkbox"/> Whole Grain	MINI NACHOS WHOLE GRAIN TORTILLA CHIPS REFIRED BEANS & CHEESE 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.					