



				Thursday	Friday 10/1/21
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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
<b>PM SNACK</b> 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
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> 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
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					SLICED TURKEY ENRICHED CLUB CRACKERS  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
<b>TWO COMPONENTS</b>	<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
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CHICKEN BISCUIT BANANA  * MILK	LOWFAT YOGURT CRUSHED PINEAPPLE  * MILK	PUMPKIN PATCH PANCAKES SLICED PEARS  * MILK	MULTI GRAIN CERRIOS 100% JUICE  * MILK	WHOLE WHEAT CHEESE TOAST MIXED BERRIES  * 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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH STICKS WHOLE WHEAT ROLL MASHED POTATOES MIXED VEGETABLES *MILK	HAM AND CHEESE SLIDER WHOLE WHEAT SLIDER BUN SLICED CUCUMBER W/DIP BAKED BEANS *MILK	CHICKEN FILET SANDWICH MULTI GRAIN BUN CANTALOUPE SWEET PEAS * MILK	SALSBURY STEAK BROWN RICE W/ GRAVY APRICOT HALVES ROASTED ZUCCHINI * MILK	BBQ PULLED PORK ENRICHED TEXAS TOAST DICED PEACHES COLE SLAW * 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	GRILLED CHEESE SANDWICH WHOLE WHEAT BREAD  WATER	WHOLE WHEAT BREAD STICK MARINARA SAUCE  WATER	WHOLE GRAIN CRACKERS CARROT RAISIN SALAD  WATER	ENRICHED HARD PRETZELS APPLESAUCE  WATER	BEEF HOT DOG WHOLE WHEAT BUN  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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GROUND BEEF SPAGHETTI WHOLE WHEAT ROLL MANDARIN ORANGES TOSSED SALAD * MILK	CHICKEN ALFREDO WHOLE WHEAT NOODLES APPLESAUCE GREEN BEANS * MILK	SHRIMP FRIED RICE WHOLE WHEAT ROLL PINEAPPLE CHUNKS STEAMED BROCCOLI *MILK	EXTRA CHEESE QUESADILLA WHOLE WHEAT TORTILLA PINTO BEANS ZESTY CORN *MILK	ROASTED TURKEY ENRICHED CORN MUFFIN FRUIT COCKTAIL STEAMED YELLOW SQUASH *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
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	COTTAGE CHEESE MIXED BERRIES  WATER	ENRICHED CORNDOG FRUIT COCKTAIL  WATER	LOWFAT GREEK YOGURT ENRICHED ANIMAL CRACKERS  WATER	RED PEPPER HUMMUS ENRICHED PITA CHIPS  WATER	WHOLE GRAIN RICE CAKE 100% FRUIT JUICE  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
* 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
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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 MANDARIN ORANGES FARMERS CHILI* * MILK  <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> 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
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED CHICKEN WHOLE WHEAT ROLL MASHED POTATOES TOSSED SALAD * MILK  <input type="checkbox"/> Whole Grain	BEEF AND CHEESE NACHOS WHOLE GRAIN TORTILLA CHIPS TROPICAL FRUIT SALAD CARROT STICKS * MILK  <input type="checkbox"/> Whole Grain	PULLED PORK WHOLE WHEAT BUN SLICED RED APPLES BAKED BEANS * MILK  <input type="checkbox"/> Whole Grain	TURKEY MEATLOAF WHOLE WHEAT DINNER ROLL STEAMED CORN FRUIT COCKTAIL * MILK  <input type="checkbox"/> Whole Grain	FISH STICKS WHOLE WHEAT BREAD PINEAPPLE RINGS STEAMED ZUCHINNI * MILK  <input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	HAM CUBES WHOLE GRAIN CRACKERS  WATER  <input type="checkbox"/> Whole Grain	GRILLED CHEESE ENRICHED WHEAT BREAD TOMATO SOUP WATER  <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS DICED PLUMS WATER  <input type="checkbox"/> Whole Grain	WHOLE GRAIN CHEESE CRACKERS 100% APPLE JUICE   <input type="checkbox"/> Whole Grain	ENRICHED MINI BAGELS PEANUT/SOY BUTTER WATER  <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<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
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CHICKEN BISCUIT STRAWBERRIES  * MILK	MULTI GRAIN CERRIOS 100% PINEAPPLE ORANGE  * MILK	CANADIAN BACON HASHBROWN  * MILK	MULTIGRAIN CEREAL BANANA  *MILK	WHOLE WHEAT PANCAKES DICED PEACHES  * 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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF HAMBURGER WHOLE WHEAT BUN WATERMELON TATER TOTS * MILK	ROTISSERIE CHICKEN WHOLE WHEAT ROLL FRUIT COCKTAIL MIXED VEGATBLES *MILK	BEEF AND BROCCOLI STIR FRY BROWN RICE PINEAPPLE CHUNCKS RED/GREEN BELL PEPPER STRIPS * MILK	BAKED FISH FILET WHOLE WHEAT ROLL CORN ON COB SPINACH & TOMATO SALAD * MILK	HAM ROLLUPS WHOLE WHEAT TORTILLA WRAP CANTALOUPE CHUNCKS JACK-O-LANTERN SOUP * 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	LOWFAT YOGURT HONEYDEW MELON  WATER	WHOLE GRAIN GOLDFISH TOMATO SOUP  WATER	ENRICHED PRETZELS CHEDDAR CHEESE CUBES  WATER	TURKEY SANDWICH WHOLE WHEAT BREAD  WATER	WHOLE GRAIN TRAIL MIX CELERY STICKS, RAISINS  WATER
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	TURKEY MEATBALL SUB WHOLE WHEAT BUN SLICED PEARS STEAMED KALE * MILK	TUNA SALAD WHOLE WHEAT BREAD RED AND GREEN GRAPE HALVES GREEN BEENS * MILK	SLICED HAM AND CHEESE WHOLE GRAIN BREAD APRICOT HALVES VEGATABLE SOUP * MILK	BEEF SLOPPY JOE ENRICHED WHEAT BUN GREEN APPLES DELI BAKED BEANS * MILK	BBQ CHICKEN PIZZA ENRICHED WHEAT CRUST ORANGE SLICES 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
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT CRACKERS VEGETABLE SOUP  WATER	HUMMUS DIP ENRICHED PITA CHIPS  WATER	BEEF HOT DOGS WHOLE WHEAT BUN  WATER	LOW FAT YOGURT FRESH BLUEBERRIES  WATER	ENRICHED GRAHAM CRACKERS 100% CHERRY JUICE
<b>TWO COMPONENTS</b>	<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
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	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
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED CHICKEN & RICE WHOLE WHEAT ROLL DICED PEACHES PINTO BEANS * MILK <input type="checkbox"/> Whole Grain	GROUND BEEF SOFT TACO ENRICHED FLOUR TORTILLA MANGO CHUNKS TOSSES SALAD * MILK <input type="checkbox"/> Whole Grain	BAKED PORKCHOPS ENRICHED CORNBREAD COLLARD GREENS BLACKEYED PEAS * MILK <input type="checkbox"/> Whole Grain	SHRIMP POPPERS ENRICHED BROWN RICE HONEYDEW MELON SWEET PEAS * MILK <input type="checkbox"/> Whole Grain	BEEF STEW MULTI GRAIN ROLL MANADARIN ORANGES CARROTS * MILK <input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN MINI BAGEL BLUEBERRIES  WATER <input type="checkbox"/> Whole Grain	BEEF HOT DOG WHOLE WHEAT BUN  WATER <input type="checkbox"/> Whole Grain	HAM AND CHEESE CUBES ENRICHED CLUB CRACKERS  WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS BANANA  WATER <input type="checkbox"/> Whole Grain	LOW FAT YOGURT STRAWBERRY HALVES  WATER <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<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.					