



				Thursday	Friday 10/1/21
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
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
	* 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
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	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
	<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 10/11/21	Tuesday 10/12/21	Wednesday 10/13/21	Thursday 10/14/21	Friday 10/15/21
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
	<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
DINNER					
Meat/Meat Alternate	BAKED CHICKEN	BEEF AND CHEESE NACHOS	PULLED PORK	TURKEY MEATLOAF	FISH STICKS
Whole Grain/Grain Alternate	WHOLE WHEAT ROLL	WHOLE GRAIN TORTILLA CHIPS	WHOLE WHEAT BUN	WHOLE WHEAT DINNER ROLL	WHOLE WHEAT BREAD
Vegetable or Fruit	MASHED POTATOES	TROPICAL FRUIT SALAD	SLICED RED APPLES	STEAMED CORN	PINEAPPLE RINGS
Vegetable	TOSSED SALAD	CARROT STICKS	BAKED BEANS	FRUIT COCKTAIL	STEAMED ZUCHINNI
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
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	Monday 10/18/21	Tuesday 10/19/21	Wednesday 10/20/21	Thursday 10/21/21	Friday 10/22/21
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 CHUNCKS	CORN ON COB	CANTALOUPE CHUNCKS
Vegetable	TATER TOTS	MIXED VEGATBLES	RED/GREEN BELL PEPPER STRIPS	SPINACH & TOMATO SALAD	JACK-O-LANTERN SOUP
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	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
	<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
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
	<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
	<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>					