

Harvest of the month: October 2023



	Monday 10/2/23	Tuesday 10/3/23	Wednesday 10/4/23	Thursday 10/5/23	Friday 10/6/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED GRITS BAKED PEACHES *MILK	ENRICHED SAUSAGE BISCUIT BANANA *MILK	WHOLE WHEAT PANCAKES STRAWBERRIES *MILK	ENRICHED OATMEAL ORANGE SMILES *MILK	ENRICHED ENGLISH MUFFIN APRICOT HALVES *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GRILLED CHEESE WHOLE WHEAT BREAD GRAPE HALVES TOMATO SOUP *MILK	CHICKEN NUGGETS WHOLE WHEAT ROLL CANTALOUPE OVEN BAKED KALE *MILK	NATIONAL TACO DAY GROUND TURKEY SOFT TACO ENRICHED TORTILLA BREAD ZESTY CORN REFRIED BEANS *MILK	BLACK BEAN BURGER WHOLE WHEAT BURGER BUN SWEET PEAS SWEET POTATO FRIES *MILK	TERIYAKI TOFU WHOLE WHEAT ROLL SLICED KIWI BAKED CINNAMON PUMPKIN *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN CHEESE CRACKERS CRISPY ROASTED CHICKPEAS	WHOLE GRAIN TRAIL MIX WHEAT CHEX, RAISINS	WHOLE GRAIN SUNCHIPS BROCCOLI & CHEESE SOUP	PUMPKIN APPLESAUCE ENRICHED GRAHAM CRACKER PUMPKIN APPLESAUCE	ENRICHED PRETZELS STRAWBERRIES
	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.					



	Monday 10/9/23	Tuesday 10/10/23	Wednesday 10/11/23	Thursday 10/12/23	Friday 10/13/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT MINI BAGEL PEACHES *MILK	MULTI GRAIN CHEERIOS BANANAS *MILK	WHOLE WHEAT WAFFLES FRUIT COCKTAIL *MILK	ENRICHED OATMEAL ORANGE WEDGES *MILK	WORLD EGG DAY/BREAKFAST BURRITO WHOLE WHEAT TORTILLA SPINACH, EGG OMELET HOME MADE VEGGIE SALSA *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	EGG SALAD WHOLE WHEAT BREAD ORANGE SMILES GREEN BEANS *MILK	HOMEMADE MAC AND CHEESE WHOLE WHEAT NOODLES PLUM SLICES BROCCOLI *MILK	NATIONAL SAUSAGE PIZZA DAY (HOME MADE PIZZA) SAUSAGE WHOLE GRAIN CRUST WATERMELON SLICES SWEET ACORN SQUASH * MILK	SAVORY TUNA ENRICHED FRENCH BREAD PEACHES SPINACH SALAD *MILK	CHICKEN SALAD ENRICHED CROISSANT CHERRY TOMATOES (CUT) SWEET POTATO STICKS *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	FRUIT & NUT BUTTER PITA POCKET PEANUT/WOW/SOY/NUT WHOLE WHEAT PITA ROUNDS APPLE OR PEAR SLICES WATER	ROASTED BEETS WHOLE WHEAT CRACKERS WATER	ENRICHED ANIMAL CRACKERS SUGAR SNAP PEAS WATER	FRESH VEGGIE WRAP TOMATOES & CUCUMBERS WHOLE WHEAT TORTILLA WATER	ENRICHED SALTINE CRACKERS VEGETABLE SOUP 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
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	Monday 10/16/23	Tuesday 10/17/23	Wednesday 10/18/23	Thursday 10/19/23	Friday 10/20/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	GO BANANAS! OATMEAL ENRICHED OATS BANANAS *MILK	WHOLE GRAIN WAFFLES KIWI SLICES *MILK	WHOLE GRAIN ENGLISH MUFFIN BLUEBERRIES *MILK	ENRICHED GRITS APPLE SLICES *MILK	WHOLE GRAIN CHEERIOS ORANGE SMILES *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	FISH STICKS WHOLE WHEAT BREADSTICKS SLICED PEACHES CABBAGE *MILK	NATIONAL PASTA DAY GRILLED CHICKEN ALFREDO WHOLE WHEAT PENNE STRAWBERRIES SAUTEED BROCCOLI *MILK	WARM HAM & CHEESE SLIDERS WHOLE WHEAT SLIDER BUN FRENCH FRIES BAKED BEANS * MILK	GRILLED CHICKEN KABOBS WHOLE WHEAT ROLL PEAR SLICES ROASTED BRUSSELL SPROUTS *MILK	GROUNDTOFU SOFT TACO ENRICHED FLOUR TORTILLA TROPICAL FRUIT SALAD BLACK BEANS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED OYSTER CRACKERS HM MINESTRONE SOUP WATER	YOGURT PARFAIT LOWFAT YOGURT RASPBERRIES WATER	TURKEY ROLLUPS ENRICHED CHEESE CRACKER WATER	WHOLE WHEAT PITA CHIPS PUMPKIN HUMMUS WATER	WHOLE GRAIN SUNCHIPS 100% BERRY BERRY 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
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 10/23/23	Tuesday 10/24/23	Wednesday 10/25/23	Thursday 10/26/23	Friday 10/27/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED PUMPKIN PANCAKE CINNAMON APPLESAUCE *MILK	WHOLE WHEAT FRENCH TOAST ORANGE SMILES *MILK	ENRICHED BISCUIT W/ GRAVY SAUSAGE PATTY FRUIT COCKTAIL *MILK	ENRICHED OATMEAL APRICOTS *MILK	ENRICHED KIX CEREAL BLUEBERRIES *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	HM MAC-N-CHEESE WHOLE WHEAT NOODLES WATERMELON STRIPS SAUTEED BROCCOLI *MILK	HAM & CHEESE PINWHEELS WHOLE WHEAT TORTILLA CANTALOUPE TOSSED SALAD *MILK	CHICKEN NUGGETS WHOLE WHEAT ROLL FRUIT COCKTAIL CREAMED CORN * MILK	MINI CHEESE PIZZA MOZZARELLA CHEESE WHOLE WHEAT BAGEL PINEAPPLE RINGS CUCUMBER SLICES *MILK	BREAKFAST FOR LUNCH SAUSAGE LINKS WHOLE GRAIN WAFFLE STRAWBERRIES TATER 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CHEEZE-ITZ HONEYDEW MELON WATER	ENRIHED GRAHAM CRACKERS CARROT STICKS W RANCH WATER	FRUIT & VEGGIE CUP SWEET PEPPER STRIPS GREEN APPLE STRIPS WATER	BANANA SUSHI ROLL WOW/SOY/PEANUT BUTTER WHOLE WHEAT TORTILLA BANANA SUSHI ROLL WATER	FISH SWIMMING IN SOUP WHOLE GRAIN GOLDFISH TOMATO SOUP 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
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	Monday 10/30/23	Tuesday 10/31/23			
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CREAM OF WHEAT APRICOT HALVES *MILK	PUMPKIN PANCAKES WARM 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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	ROTISSERIE CHICKEN WHOLE WHEAT ROLL ORANGE SMILES CREAMED SPINACH *MILK	GRILLED XTRA-CHEESE WHOLE WHEAT BREAD GRAPE HALVES TOMATO SOUP *MILK	JACK O' LANTERN FRUIT CUPS 		
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>		<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	FRUIT & VEGGIE CUP ENRICHED PRETZEL STICKS CELERY STICKS PINEAPPLE STICKS WATER	ENRICHED ANIMAL CRACKERS JACK-O-LANTERN FRUIT CUP WATER			
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain		<input type="checkbox"/> Whole Grain
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