



REAL MINK BANANA "MILK "MIL			Tuesday 10/1/24	Wednesday 10/2/24	Thursday 10/3/24	Friday 10/4/24
BANANA STRAWBERRIES ORANGE SMILES APRICOT HALVES "MILK "MI	BREAKFAST		NATIONAL VEGETARIAN DAY	·		
### AMILK #MILK #M	Whole Grain/Grain Alternate		WHOLE GRAIN PANCAKES	ENRICHED SAUSAGE BISCUIT	ENRICHED OATMEAL	ENRICHED ENGLISH MUFFIN
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Whole Grain Rice Cake Whole Grain/Grain Alternate Whole Grain Rice Cake AVOCADO RICE CAKE RECIPE WHOLE GRAIN RICE CAKE AVOCADO/TOMATO WATER WATER WHOLE GRAIN RISCUIT CRACKERS WHOLE GRAIN READSTICKS WHOLE GRAIN RISCUIT CRACKERS WHOLE GRAIN RISCUIT CR	Vegetable or Fruit		BANANA	STRAWBERRIES	ORANGE SMILES	APRICOT HALVES
Mast/Mact Alternate Whole Grain Fruit Pluid Milk TWO COMPONENTS NATIONAL VEGETARIAN DAY AVOCADO/TOMATO WATER WHOLE GRAIN RICE CAKE AVOCADO/TOMATO WATER WATER WHOLE GRAIN TRISCUIT CRACKERS WHATER NATIONAL TEGET AND AY WHOLE WHEAT BREADSTI HM CHICKEN NOODLE SO WHOLE WHEAT BREADSTI HM CHICKEN NOODLE SO WHOLE GRAIN TRISCUIT CRACKERS WHOLE WHEAT BRADSTI HM CHICKEN NOODLE TO WHOLE GRAIN TRISCUIT CRACKERS WHOLE GRAIN TRISCUIT	Fluid Milk		*MILK	*MILK	*MILK	*MILK
MASSACK Meat/Meat Alternate Whole Grain/Froin Alternate Whole Grain Triscrip Alternate Whole						
Meat/Meat Alternate Whole Grain Rize (AKE PECIPE Whole Grain Rize (AKE AVOCADO/TOMATO WATER WHOLE GRAIN BAGEL PEACHES WHOLE GRAIN TRISCUIT CRACKERS WHOLE GR						☐ Whole Grain
Whole Grain/Grain Alternate Vegetable or Fruit Vegetable March Meat Alternate Whole Wheat R RDL CANTALOUPE OVER BAKED RATE WATER NATIONAL VEGETARIAN DAY CANTALOUPE OVEN BAKED KALE OVEN BAKED KALE OVEN BAKED RAIL WHOLE WHEAT ROLL SLICED KIWI SWEET PEAS WHOLE WHEAT BURGER BUN SWEET PEAS WHOLE WHEAT BURGER BUN SWEET PEAS ZESTY CORN REFIELD BEANS MALK "MILK "MATIONAL VEGETARIAN DAY DENICHED PRETZELS BROCCOLI & CHEESE SOUP BANANA STRAWBERRIES WHOLE GRAIN BREADSTICKS BROCCOLI & CHEESE SOUP BANANA STRAWBERRIES WHOLE GRAIN BREADSTICKS BROCCOLI & CHEESE SOUP BANANA STRAWBERRIES WHOLE GRAIN BREADSTICKS BROCCOLI & CHEESE SOUP BANANA STRAWBERRIES WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER WATER STRAWBERRIES ORANGE CHICKEN LO-ME WHOLE GRAIN NOODLE: OVEN BAKED FRISH FILET WHOLE WHEAT HAMBURGER BREAD ROASTED CARROTS APPLE CARNSERRY SALAD OVEN BAKED FRENCH FRIES STEAMED ZUCCHINI STEAMED ZUCCHINI STEAMED ZUCCHINI STEAMED ZUCCHINI STEAMED ZUCCHINI STEAMED ZUCCHINI MILK "MILK "MIL	AM SNACK		NATIONAL VEGETARIAN DAY			
AVOCADO/TOMATO WATER WAT	Meat/Meat Alternate		AVOCADO RICE CAKE RECIPE	WHOLE GRAIN BAGEL	BOILED EGG HALVES	WHOLE WHEAT BREADSTICKS
Fluid Milk TWO COMPONENTS WATER WATER WATER WATER WATER	Whole Grain/Grain Alternate		WHOLE GRAIN RICE CAKE	PEACHES	WHOLE GRAIN TRISCUIT CRACKERS	HM CHICKEN NOODLE SOUP
TWO COMPONENTS LUNCH Meat/Meat Alternate Whole Grain Alternate Whole WHEAT ROLL CANTALOUPE OVEN BAKED KALE WHOLE WHEAT ROLL SLICED KIWI WHOLE WHEAT BURGER BUN SWEET PEAS SWEET POTATO FRIES WHOLE FRIIT Whole Grain Alternate Whole Grain BEEF CHEESEBURGER WHOLE GRAIN BUN ROASTED CARROTS APPLE CRAINBERRY SALAD OVEN BAKED FRENCH FRIES STEAMED ZUCCHINI STIR FRY VEGETABLES	Vegetable or Fruit		AVOCADO/TOMATO			
NATIONAL VEGETARIAN DAY LENTIL PLANTBALLS RECTPE Whole Grain/Forin Alternate Whole WHEAT ACIL Whole Grain/Forin Alternate Whole Grain Bun BEEF CHEESEBURGER WHOLE WHEAT ROLL WHOLE WHEAT ROLL ENRICH	Fluid Milk		WATER	WATER	WATER	WATER
LENTIL PLANTBALLS RECIPE CHICKEN STRIPS BLACK BEAN BURGER GROUND TURKEY SOFT TA WHOLE WHEAT ROLL SLICED KIWI SWEET PEAS ZESTY CORN SWEET PEAS ZESTY CORN SWEET POTATO FRIES REFRIED BEANS REFRIED BEANS SWEET POTATO FRIES SWEET POTATO FRIES STIR FRY VEGETABLES STIR FRY VEGETABLES SWEET POTATO FRIES STIR FRY VEGETABLES STIR FRY VEGETABLES STIR FRY VEGETABLES SWILK S	TWO COMPONENTS					☐ Whole Grain
Whole Grain/Grain Alternate Vegetable or Fruit Vegetable or Fruit Vegetable	LUNCH		NATIONAL VEGETARIAN DAY			NATIONAL TACO DAY
Vegetable or Fruit Vegetable Vegetab	Meat/Meat Alternate		LENTIL PLANTBALLS RECIPE	CHICKEN STRIPS	BLACK BEAN BURGER	GROUND TURKEY SOFT TACO
Vegetable OVEN BAKED KALE ROASTED SQUASH *MILK	Whole Grain/Grain Alternate		WHOLE WHEAT ROLL	WHOLE WHEAT ROLL	WHOLE WHEAT BURGER BUN	ENRICHED SOFT/HARD TACOS
Fluid Milk	Vegetable or Fruit		CANTALOUPE	SLICED KIWI	SWEET PEAS	ZESTY CORN
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Whole Grain Bun ENRICHED PRETZELS BROCCOLI & CHEESE SOUP BANANA STRAWBERRIES WATER WATER WATER Whole Grain GRANGE CHICKEN LO-ME WHOLE GRAIN BUN ENRICHED GRAITS WHOLE GRAIN NOODLE: Whole GRAIN NOODLE: Warm TOMATOES PEARS Fluid Milk * MIL	Vegetable		OVEN BAKED KALE	ROASTED SQUASH	SWEET POTATO FRIES	REFRIED BEANS
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Vegetable or Fruit DINNER Meat/Meat Alternate Whole Grain/Grain Billon ROASTED CARROTS APPLE CRANBERRY SALAD OVEN BAKED FRENCH FRIES STEAMED ZUCCHINI STIR FRY VEGETABLES Fluid Milk * MIL	Fluid Milk		*MILK	*MILK	*MILK	*MILK
Meat/Meat Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Water Whole Grain DINNER Water Water Whole Grain Whole Grain Dinyer Whole Grain/Grain Alternate Whole Grain Bun Enriched Pretzels Whole Grain Orange Chicken Lo-Me Whole Grain Noodles Whole Grain Noodles Whole Grain Bun Enriched Grits Whole Grain Noodles Warm Tomatoes PEARS Vegetable Fluid Milk * MILK * MILK * MILK * MILK * MILK						☐ Whole Grain
Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk WATER WHOLE Grain DINNER Whole Grain WHOLE GRAIN BUN ENRICHED GRITS WHOLE GRAIN NOODLES WARM TOMATOES PEARS Vegetable APPLE CRANBERRY SALAD WHOLE WHILK * MILK * M	PM SNACK		NATIONAL VEGETARIAN DAY			
PUMPKIN APPLESAUCE WATER WATER WATER WATER	Meat/Meat Alternate		PUMPKIN APPLESAUCE RECIPE	WHOLE GRAIN BREADSTICKS	WHEAT CHEX	ENRICHED PRETZELS
Fluid Milk TWO COMPONENTS Mational Vegetarian Day Baked Fish Filet Whole Grain/Grain Alternate Whole Grain Bun Enriched Grits Whole Grain Noodles Whole Grain Noodles Warm Tomatoes PEARS STEAMED ZUCCHINI STIR FRY VEGETABLES Fluid Milk * MILK * MILK * MILK * MILK	Whole Grain/Grain Alternate		ENRICHED GRAHAM CRACKER	BROCCOLI & CHEESE SOUP	BANANA	STRAWBERRIES
TWO COMPONENTS DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk MATIONAL VEGETARIAN DAY BAKED FISH FILET BEEF CHEESEBURGER BAKED SHRIMP ORANGE CHICKEN LO-ME WHOLE GRAIN BUN ENRICHED GRITS WHOLE GRAIN NOODLES WARM TOMATOES PEARS STEAMED ZUCCHINI STIR FRY VEGETABLES * MILK * MILK * MILK * MILK	Vegetable or Fruit		PUMPKIN APPLESAUCE			
DINNER Meat/Meat Alternate Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk Mational Vegetarian Day BAKED FISH FILET BEEF CHEESEBURGER WHOLE GRAIN BUN BEEF CHEESEBURGER BAKED SHRIMP ORANGE CHICKEN LO-ME WHOLE GRAIN BUN ENRICHED GRITS WARM TOMATOES PEARS STEAMED ZUCCHINI * MILK * MILK * MILK * MILK * MILK	Fluid Milk		WATER	WATER	WATER	WATER
Meat/Meat AlternateBAKED FISH FILETBEEF CHEESEBURGERBAKED SHRIMPORANGE CHICKEN LO-MEWhole Grain/Grain AlternateWHOLE WHEAT HAMBURGER BREADWHOLE GRAIN BUNENRICHED GRITSWHOLE GRAIN NOODLESVegetable or FruitROASTED CARROTSAPRICOTSWARM TOMATOESPEARSVegetableAPPLE CRANBERRY SALADOVEN BAKED FRENCH FRIESSTEAMED ZUCCHINISTIR FRY VEGETABLESFluid Milk* MILK* MILK* MILK* MILK						☐ Whole Grain
Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Vegetable Fluid Milk WHOLE WHEAT HAMBURGER BREAD ROASTED CARROTS APPLE CRANBERRY SALAD OVEN BAKED FRENCH FRIES * MILK * MILK WHOLE GRAIN BUN ENRICHED GRITS WARM TOMATOES PEARS STEAMED ZUCCHINI * MILK * MILK * MILK	DINNER		NATIONAL VEGETARIAN DAY			
Vegetable or Fruit ROASTED CARROTS APRICOTS WARM TOMATOES PEARS Vegetable APPLE CRANBERRY SALAD OVEN BAKED FRENCH FRIES STEAMED ZUCCHINI STIR FRY VEGETABLES Fluid Milk * MILK * MILK * MILK * MILK						ORANGE CHICKEN LO-MEIN
Vegetable APPLE CRANBERRY SALAD OVEN BAKED FRENCH FRIES STEAMED ZUCCHINI STIR FRY VEGETABLES Fluid Milk * MILK * MILK * MILK * MILK	Whole Grain/Grain Alternate			WHOLE GRAIN BUN	ENRICHED GRITS	WHOLE GRAIN NOODLES
Fluid Milk * MILK * MILK * MILK * MILK				APRICOTS	WARM TOMATOES	PEARS
						STIR FRY VEGETABLES
□ □ □ Whole Grain	Fluid Milk					·
						☐ Whole Grain
EVENING SNACK NATIONAL VEGETARIAN DAY	EVENING SNACK		NATIONAL VEGETARIAN DAY			
Meat/Meat Alternate <u>VEGGIE PINWHEEL RECIPE</u> PEANUT/SOY/WOW BUTTER ENRICHED RITZ CRACKERS ENRICHED ANIMAL CRACK	Meat/Meat Alternate		VEGGIE PINWHEEL RECIPE	PEANUT/SOY/WOW BUTTER	ENRICHED RITZ CRACKERS	ENRICHED ANIMAL CRACKERS
Whole Grain/Grain Alternate WHOLE WHEAT TORTILLAS GREEN APPLE SLICES CHEDDAR CHEESE CUBES PLUMS	Whole Grain/Grain Alternate		WHOLE WHEAT TORTILLAS	GREEN APPLE SLICES	CHEDDAR CHEESE CUBES	PLUMS
Vegetable or Fruit CUCUMBERS	Vegetable or Fruit		CUCUMBERS			
Fluid Milk WATER WATER WATER WATER WATER	Fluid Milk		WATER	WATER	WATER	WATER
TWO COMPONENTS	TWO COMPONENTS		☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	│ □ 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.		* One year olds are served	Unflavored Whole Milk. Two years ol	d and older are served unflavored 1	% or Fat Free Milk. Milk substitutes n	nust have a medical statement.





	Monday 10/7/24	Tuesday 10/8/24	Wednesday 10/9/24	Thursday 10/10/24	Friday 10/11/24
BREAKFAST			BREAKFAST ON A STICK	·	WORLD EGG DAY/BREAKFAST BURRITO
Whole Grain/Grain Alternate	ENRICHED MINI BAGEL	MULTI GRAIN CHEERIOS	ENRICHED MINI PANCAKES	ENRICHED OATMEAL	WHOLE GRAIN TORTILLA
Vegetable or Fruit	PEACHES	BANANAS	STRAWBERRIES/BANANAS	ORANGE WEDGES	SPINACH, EGG OMELET
Fluid Milk	*MILK	*MILK	*MILK	*MILK	HOME MADE VEGGIE SALSA
					*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK					
Meat/Meat Alternate	WHOLE WHEAT FRENCH TOAST	HAM & CHEESE SUB	WHOLE WHEAT MINI BAGEL	WHOLE GRAIN ENGLISH MUFFIN	ENRICHED PITA POCKET
Whole Grain/Grain Alternate	HONEYDEW MELON	MULTI GRAIN SUB ROLL	GRAPES (CUT IN HALF)	PINEAPPLE SLICES	HUMMUS/SHREDDED CARROTS
Vegetable or Fruit			,		
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH		NATIONAL SALMON DAY	INTERNATIONAL PIZZA DAY		
Meat/Meat Alternate	EGG SALAD	SAVORY SALMON	(HM) CHEESEY PIZZA	SAVORY TUNA	CHICKEN SALAD
Whole Grain/Grain Alternate	WHOLE WHEAT BREAD	ENRICHED BROWN RICE	WHOLE GRAIN CRUST	ENRICHED FRENCH BREAD	ENRICHED CROISSANT
Vegetable or Fruit	ORANGE SMILES	PLUM SLICES	WATERMELON SLICES	PEACHES	CHERRY TOMATOES (CUT)
Vegetable	GREEN BEANS	BROCCOLI	SWEET ACORN SQUASH	SPINACH SALAD	SWEET POTATO STICKS
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	Whole Grain
PM SNACK	FRUIT & NUT BUTTER PITA				
Meat/Meat Alternate	POCKET PEANUT/WOW/SOY/NUT	ROASTED BEETS	ENRICHED ANIMAL CRACKERS	TOMATOES & CUCUMBERS	ENRICHED OYSTER CRACKERS
Whole Grain/Grain Alternate	WHOLE WHEAT PITA ROUNDS	WHOLE GRAIN CRACKERS	SUGAR SNAP PEAS	WHOLE WHEAT TORTILLA	VEGETABLE SOUP
Vegetable or Fruit	APPLE OR PEAR SLICES				1000111000000
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					
Meat/Meat Alternate	HOMEMADE MAC AND CHEESE	BAKED FISH FILLET	SLICED HONEY HAM	SWEDISH MEATBALL SUB	BEEF RAVIOLI
Whole Grain/Grain Alternate	WHOLE GRAIN NOODLES	ENRICHED HAMBURGER BREAD	MULTI GRAIN ROLL	ENRICHED BREAD	ENRICHED RAVIOLI
Vegetable or Fruit	PLUM SLICES	PEACHES	PINEAPPLE RINGS	MIXED BERRIES	APRICOT HALVES
Vegetable	SWEET PEAS	CARROT STICKS	COLLARD GREENS	MIXED VEGETABLES	GREEN BEANS
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK					
Meat/Meat Alternate	ENRICHED PRETZELS	ENRICHED WAFFLE	LOWFAT YOGURT	WHOLE WHEAT GOLDFISH	YOGURT DIP
Whole Grain/Grain Alternate	CHEDDAR CHEESE CUBES	FRUIT COCKTAIL	STRAWBERRIES	APRICOT	ENGLISH CUCUMBER SLICES
Vegetable or Fruit	S. IEDDAN SI IELDE SODES	I ROLL COOK I ALL	O I NAW DERNIES	7117401	2. TODIO! TOOOMIDER ODIOES
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
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	* 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 10/14/24	Tuesday 10/15/24	Wednesday 10/16/24	Thursday 10/1724	Friday 10/18/24
BREAKFAST					
Whole Grain/Grain Alternate	ENRICHED GRITS	WHOLE GRAIN WAFFLES	WHOLE GRAIN ENGLSH MUFFIN	ENRICHED GRITS	WHOLE GRAIN CHEERIOS
Vegetable or Fruit	BAKED PEACHES	KIWI SLICES	BLUEBERRIES	APPLE SLICES	CANTALOUPE
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK					MINI PIZZA
Meat/Meat Alternate	WHOLE GRAIN RICE CAKES	ENRICHED BISCUIT	WHOLE WHEAT MINI BAGEL	ENRICHED MUFFIN	ENRICHED ENGLISH MUFFIN
Whole Grain/Grain Alternate	FRUIT SALAD	SAUSAGE PATTY	HONEYDEW MELON	WATERMELON CHUNKS	MOZZARELLA & PEPPERONI
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH					
Meat/Meat Alternate	FISH STICKS	GRILLED CHICKEN ALFREDO	WARM HAM & CHEESE SLIDERS	GRILLED CHICKEN KABOBS	GROUND TOFU SOFT TACO
Whole Grain/Grain Alternate	WHOLE GRAIN BREAD	WHOLE GRAIN PENNE	WHOLE GRAIN SLIDER BUN	WHOLE GRAIN ROLL	ENRICHED FLOUR TORTILLA
Vegetable or Fruit	SLICED PEACHES	STRAWBERRIES	FRENCH FRIES	PEAR SLICES	TROPICAL FRUIT SALAD
Vegetable	CABBAGE	SAUTEED BROCCOLI	BAKED BEANS	ROASTED BRUSSELL SPROUTS	BLACK BEANS
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	Whole Grain
PM SNACK		YOGURT PARFAIT			
Meat/Meat Alternate	ENRICHED OYSTER CRACKERS	LOWFAT YOGURT	TURKEY ROLLUPS	WHOLE WHEAT PITA CHIPS	WHOLE GRAIN SUNCHIPS
Whole Grain/Grain Alternate	HM MINESTRONE SOUP	RASPBERRIES	ENRICHED CHEESE CRACKER	PUMPKIN HUMMUS	100% BERRY BERRY JUICE
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	☐ Whole Grain	□ Whole Grain	☐ Whole Grain	□ Whole Grain
DINNER					NATIONAL MEATLOAF DAY
Meat/Meat Alternate	SWEET & SOUR CHICKEN	STEAK FINGERS	ROASTED TURKEY W/GRAVY	BEEF STEW	MEATLOAF
Whole Grain/Grain Alternate	ENRICHED FRIED RICE	WHOLE WHEAT ROLL	ENRICHED CORNBREAD	ENRICHED BROWN RICE	WHOLE WHEAT HAWAIIN ROLL
Vegetable or Fruit	PINEAPPLE TIDBITS	PLUMS	BUTTERNUT SQUASH	BABY CARROTS	MASHED CAULIFLOWER
Vegetable	MIXED VEGETABLES	SWEET ACORN SQUASH	SWEET PEAS	ASPARAGUS	GREEN BEANS
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK					
Meat/Meat Alternate	WHOLE WHEAT SESAME STICKS	ENRICHED GRAHAM CRACKERS	ENRICHED RITZ CRACKERS	ENRICHED RICE CAKE	ENRICHED PRETZELS
Whole Grain/Grain Alternate	BLUEBERRIES	CINNAMON APPLESAUCE	APRICOTS	PEACHES	CELERY STICKS
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ 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 10/21/24	Tuesday 10/22/24	Wednesday 10/23/24	Thursday 10/24/24	Friday 10/25/24
BREAKFAST	NATIONAL APPLE DAY		ENRICHED BISCUIT W/ GRAVY		
Whole Grain/Grain Alternate	ENRICHED PUMPKIN PANCAKE	WHOLE GRAIN FRENCH TOAST	SAUSAGE PATTY	ENRICHED OATMEAL	ENRICHED KIX CEREAL
Vegetable or Fruit	CINNAMON APPLESAUCE	ORANGE SMILES	FRUIT COCKTAIL	APRICOTS	BLUEBERRIES
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK	FRUIT PIZZA W/LF CREAM CHEESE				
Meat/Meat Alternate	WHOLE GRAIN ENGLISH MUFFIN	WHOLE WHEAT PITA CHIPS	SRAMBLED EGGS	MUTLIGRAIN CHEERIOS	WHOLE GRAIN CRACKERS
Whole Grain/Grain Alternate	BLUEBERRIES	PEACH SMOOTHIE	AVOCADO SLICES	RASPBERRIES	CARROT/RAISIN SALAD
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH				MINI CHEESE PIZZA	BREAKFAST FOR LUNCH
Meat/Meat Alternate	HM MAC-N-CHEESE	HAM & CHEESE PINWHEELS	CHICKEN NUGGETS	MOZZARELLA CHEESE	SAUSAGE LINKS
Whole Grain/Grain Alternate	WHHOLE WHEAT NOODLES	WHOLE WHEAT TORTILLA	WHOLE WHEAT ROLL	WHOLE WHEAT BAGEL	WHOLE GRAIN WAFFLE
Vegetable or Fruit	WATERMELON STRIPS	CANTALOUPE	FRUIT COCKTAIL	PINEAPPLE RINGS	STRAWBERRIES
Vegetable	SAUTEED BROCCOLI	TOSSED SALAD	PEAS & CARROTS	CUCUMBER SLICES	TATER TOTS
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK			FRUIT & VEGGIE CUP	BANANA SUSHI ROLL	FISH SWIMMING IN SOUP
Meat/Meat Alternate	ENRICHED CHEEZE-ITZ	ENRIHED GRAHAM CRACKERS	SWEET PEPPER STRIPS	WOW/SOY/PEANUT BUTTER	WHOLE GRAIN GOLDFISH
Whole Grain/Grain Alternate	HONEYDEW MELON	CELERY STICKS W RANCH	GREEN APPLE STRIPS	WHOLE WHEAT TORTILLA	TOMATO SOUP
Vegetable or Fruit				BANANA SUSHI ROLL	
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					
Meat/Meat Alternate	SMOKED BBQ CHICKEN	PHILLY CHEESE STEAK	CHICKEN BURRITO BOWL	SLOPPY JOES (BEEF)	SLICED TURKEY PANINI
Whole Grain/Grain Alternate	WHOLE WHEAT BREADSTICKS	WHOLE WHEAT SUB ROLL	ENRICHED BROWN RICE	WHOLE WHEAT BUN	WHOLE WHEAT PITA
Vegetable or Fruit	COLLARD GREENS	FRENCH FRIES	MANDARINS	PEACHES	FRUIT COCKTAIL
Vegetable	BLACK EYED PEAS	TRI COLOR COLESLAW	BLACK BEANS	MIXED VEGETABLES	ENGLISH CUCUMBERS
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK					
Meat/Meat Alternate	ENRICHED ANIMAL CRACKERS	EGG SALAD SANDWICH	WHOLE GRAIN RICE CAKE	GRILLED CHEESE	ENRICHED PUMPKIN MUFFIN
Whole Grain/Grain Alternate	CRUSHED PINEAAPLE	WHOLE WHEAT BREAD	KIWI SLICES	WHOLE WHEAT BREAD	100% APPLE JUICE
Vegetable or Fruit		· · · · 			
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ 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 10/28/24	Tuesday 10/29/24	Wednesday 10/30/24	Thursday 10/31/24		
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CREAM OF WHEAT APRICOT HALVES *MILK	NATIONAL OATMEAL DAY FALL APPLE PUMPKIN OATMEAL ENRICHED OATMEAL BANANAS *MILK	WHOLE GRAIN FRENCH TOAST FRUIT SALAD *MILK	PUMPKIN PANCAKES WARM PEACHES *MILK	JACK O' LANTERN FRUIT CUPS	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain		
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	BOILED EGG ENRICHED TRISCUIT CRACKERS WATER Whole Grain	FRUIT PIZZA W/CREAM CHEESE WHOLE GRAIN ENGLISH MUFFIN BLUEBERRIES WATER Whole Grain	ENRICHED RICE CAKE NUT BUTTER WATER Whole Grain	WHOLE GRAIN MINI BAGEL APPLESAUCE WATER Whole Grain	Whole Grain	
LUNCH	Whole Brain	Whole of this	Whole of all	Whole of this	Whole of all	
Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	ROTISSERIE CHICKEN WHOLE WHEAT ROLL ORANGE SMILES CREAMED SPINACH *MILK Whole Grain	TERIYAKI TOFU WHOLE GRAIN ROLL SLICED KIWI BAKED CINNAMON PUMPKIN *MILK Whole Grain	SWEDISH MEATBALLS WHOLE WHAT SUB ROLL BAKED APPLES MIXED VEGETABLES *MILK Whole Grain	GRILLED XTRA-CHEESE WHOLE WHEAT BREAD GRAPE HALVES SPLIT PEA SOUP *MILK Whole Grain		
PM SNACK	FRUIT & VEGGIE CUP	Muois et div	Mytole el-din	Whole endin	4	
Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED PRETZEL STICKS CELERY STICKS PINEAPPLE STICKS WATER	WHOLE GRAIN CHEESE CRACKERS CRISPY ROASTED CHICKPEAS WATER	BELL PEPPERS BLACK BEAN HUMMUS WATER	ENRICHED ANIMAL CRACKERS JACK-O-LANTERN FRUIT CUP WATER		
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN NUGGETS ENRICHED HUSH PUPPIES HONEYDEW MELON SWEET PEAS & CARROTS *MILK Whole Grain	BBQ PULLED PORK ENRICHED TEXAS TOAST HONEYDEW MELON SAUTEED SPINACH * MILK	SALISBURY STEAK ENRICHED TEXAS TOAST APRICOT HALVES ROASTED SQUASH * MILK	BAKED LEMON CHICKEN WHOLE GRAIN BROWN RICE DICED APRICOTS ZESTY KALE SALAD * MILK Whole Grain	□ Whole Grain	
EVENING SNACK						
Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit	ENRICHED GRAHAM CRACKERS 100% BERRY JUICE	COTTAGE CHEESE PEAR SLICES	ENRICHED PRETZELS TWISTS DRIED CRANBERRIES	WHOLE WHEAT RITZ CRACKERS PLUMS		
Fluid Milk	WATER	WATER	WATER	WATER		
TWO COMPONENTS	☐ Whole Grain* One year olds are served	□ Whole Grain Unflavored Whole Milk. Two years of	│ □ Whole Grain d and older are served unflavored 1:	│	│	
	* 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.					