

Harvest of the month: October 2024



		Tuesday 10/1/24	Wednesday 10/2/24	Thursday 10/3/24	Friday 10/4/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk		NATIONAL VEGETARIAN DAY WHOLE GRAIN PANCAKES BANANA *MILK	ENRICHED SAUSAGE BISCUIT 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		NATIONAL VEGETARIAN DAY <u>LENTIL PLANTBALLS RECIPE</u> WHOLE WHEAT ROLL CANTALOUPE OVEN BAKED KALE *MILK	CHICKEN STRIPS WHOLE WHEAT ROLL SLICED KIWI ROASTED SQUASH *MILK	BLACK BEAN BURGER WHOLE WHEAT BURGER BUN SWEET PEAS SWEET POTATO FRIES *MILK	NATIONAL TACO DAY GROUND TURKEY SOFT TACO ENRICHED SOFT/HARD TACOS ZESTY CORN REFRIED BEANS *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		NATIONAL VEGETARIAN DAY <u>PUMPKIN APPLESAUCE RECIPE</u> ENRICHED GRAHAM CRACKER PUMPKIN APPLESAUCE WATER	WHOLE GRAIN BREADSTICKS BROCCOLI & CHEESE SOUP WATER	WHEAT CHEX BANANA WATER	ENRICHED PRETZELS STRAWBERRIES WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk		NATIONAL VEGETARIAN DAY BAKED FISH FILET WHOLE WHEAT HAMBURGER BREAD ROASTED CARROTS APPLE CRANBERRY SALAD * MILK	BEEF CHEESEBURGER WHOLE GRAIN BUN APRICOTS OVEN BAKED FRENCH FRIES * MILK	BAKED SHRIMP ENRICHED GRITS WARM TOMATOES STEAMED ZUCCHINI * MILK	ORANGE CHICKEN LO-MEIN WHOLE GRAIN NOODLES PEARS STIR FRY VEGETABLES * MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
<i>* 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.</i>					

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	Monday 10/7/24	Tuesday 10/8/24	Wednesday 10/9/24	Thursday 10/10/24	Friday 10/11/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED MINI BAGEL PEACHES *MILK	MULTI GRAIN CHEERIOS BANANAS *MILK	BREAKFAST ON A STICK ENRICHED MINI PANCAKES STRAWBERRIES/BANANAS *MILK	ENRICHED OATMEAL ORANGE WEDGES *MILK	WORLD EGG DAY/BREAKFAST BURRITO WHOLE GRAIN 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	NATIONAL SALMON DAY SAVORY SALMON ENRICHED BROWN RICE PLUM SLICES BROCCOLI *MILK	INTERNATIONAL PIZZA DAY (HM) CHEESEY PIZZA 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	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 GRAIN CRACKERS WATER	ENRICHED ANIMAL CRACKERS SUGAR SNAP PEAS WATER	TOMATOES & CUCUMBERS WHOLE WHEAT TORTILLA WATER	ENRICHED OYSTER 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE MAC AND CHEESE WHOLE GRAIN NOODLES PLUM SLICES SWEET PEAS *MILK	BAKED FISH FILLET ENRICHED HAMBURGER BREAD PEACHES CARROT STICKS * MILK	SLICED HONEY HAM MULTI GRAIN ROLL PINEAPPLE RINGS COLLARD GREENS * MILK	SWEDISH MEATBALL SUB ENRICHED BREAD MIXED BERRIES MIXED VEGETABLES *MILK	BEEF RAVIOLI ENRICHED RAVIOLI APRICOT HALVES GREEN BEANS * 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
<i>* 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.</i>					



	Monday 10/14/24	Tuesday 10/15/24	Wednesday 10/16/24	Thursday 10/17/24	Friday 10/18/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED GRITS BAKED PEACHES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN WAFFLES KIWI SLICES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN ENGLISH MUFFIN BLUEBERRIES *MILK <input type="checkbox"/> Whole Grain	ENRICHED GRITS APPLE SLICES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN CHEERIOS CANTALOUPE *MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH STICKS WHOLE GRAIN BREAD SLICED PEACHES CABBAGE *MILK <input type="checkbox"/> Whole Grain	GRILLED CHICKEN ALFREDO WHOLE GRAIN PENNE STRAWBERRIES SAUTEED BROCCOLI *MILK <input type="checkbox"/> Whole Grain	WARM HAM & CHEESE SLIDERS WHOLE GRAIN SLIDER BUN FRENCH FRIES BAKED BEANS * MILK <input type="checkbox"/> Whole Grain	GRILLED CHICKEN KABOBS WHOLE GRAIN ROLL PEAR SLICES ROASTED BRUSSELL SPROUTS *MILK <input type="checkbox"/> Whole Grain	GROUND TOFU SOFT TACO ENRICHED FLOUR TORTILLA TROPICAL FRUIT SALAD BLACK BEANS *MILK 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
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	SWEET & SOUR CHICKEN ENRICHED FRIED RICE PINEAPPLE TIDBITS MIXED VEGETABLES *MILK <input type="checkbox"/> Whole Grain	STEAK FINGERS WHOLE WHEAT ROLL PLUMS SWEET ACORN SQUASH * MILK <input type="checkbox"/> Whole Grain	ROASTED TURKEY W/GRAVY ENRICHED CORNBREAD BUTTERNUT SQUASH SWEET PEAS * MILK <input type="checkbox"/> Whole Grain	BEEF STEW ENRICHED BROWN RICE BABY CARROTS ASPARAGUS *MILK <input type="checkbox"/> Whole Grain	NATIONAL MEATLOAF DAY MEATLOAF WHOLE WHEAT HAWAIIAN ROLL MASHED CAULIFLOWER GREEN BEANS * MILK <input type="checkbox"/> Whole Grain
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	Monday 10/21/24	Tuesday 10/22/24	Wednesday 10/23/24	Thursday 10/24/24	Friday 10/25/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	NATIONAL APPLE DAY ENRICHED PUMPKIN PANCAKE CINNAMON APPLESAUCE *MILK	WHOLE GRAIN 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 PEAS & CARROTS * 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 CELERY 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SMOKED BBQ CHICKEN WHOLE WHEAT BREADSTICKS COLLARD GREENS BLACK EYED PEAS *MILK	PHILLY CHEESE STEAK WHOLE WHEAT SUB ROLL FRENCH FRIES TRI COLOR COLESLAW * MILK	CHICKEN BURRITO BOWL ENRICHED BROWN RICE MANDARINS BLACK BEANS * MILK	SLOPPY JOES (BEEF) WHOLE WHEAT BUN PEACHES MIXED VEGETABLES *MILK	SLICED TURKEY PANINI WHOLE WHEAT PITA FRUIT COCKTAIL ENGLISH CUCUMBERS * 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 10/28/24	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	
	<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	TERIYAKI TOFU WHOLE GRAIN ROLL SLICED KIWI BAKED CINNAMON PUMPKIN *MILK	SWEDISH MEATBALLS WHOLE WHAT SUB ROLL BAKED APPLES MIXED VEGETABLES *MILK	GRILLED XTRA-CHEESE WHOLE WHEAT BREAD GRAPE HALVES SPLIT PEA SOUP *MILK	
	<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 & VEGGIE CUP 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	
	<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 NUGGETS ENRICHED HUSH PUPPIES HONEYDEW MELON SWEET PEAS & CARROTS *MILK	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	
	<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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