

October 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	2 WG Cheerios & Milk WG Butter Toast Bananas	3 Life & Milk WG Apple Muffin Apples	4 Kix Cereal & Milk Hard Boiled Eggs Apples OR Oranges	5 WG Rice Crispy & Milk WG Blueberry Muffin Apples OR Oranges	6 WG Mini Wheats & Milk Yogurt Apples OR Oranges
Lunch	Fish Sticks Broccoli Pineapple WG Roll Milk	Dirty WG Rice w/kidney beans & diced tomatoes, pepper & onions Apple Slices Milk	Chicken & Corn Noodle Soup ½ SB & Jelly Sandwich on WG Bread Orange Slices Milk	Pork & Gravy Mashed Potatoes Fruit Cocktail WG Roll Milk	Scrambled Eggs w/ cheese Tator tots Orange Slices WG Blueberry muffin Milk
Snack	Pretzels & Milk	WG Gold Fish Crackers & Milk	Cheese Cubes & WG Crackers & Milk	Animal Cracker & Milk	Mandarin Oranges, graham Crackers & Milk
Breakfast	9 WG Cheerios & Milk WG Butter Toast Orange	10 Life & Milk WG Apple Muffin Apples	11 Kix Cereal & Milk Hard Boiled Eggs Apples OR Oranges	12 WG Rice Crispy & Milk WG Blueberry Muffin Apples OR Oranges	13 WG Mini Wheats & Milk Yogurt Oranges
Lunch	Tuna Noodle Casserole w/WG noodles Peas Pears Milk	Hamburg on WG Bun Mixed Veggies Mangos Milk	Turkey and Cheese on WG Pita Bread Celery Sticks w/ranch Pineapple Milk	Ham & Northern Beans Celery Sticks Orange Slices WG Dinner Roll Milk	Pizza Fresh Carrot sticks & Ranch Banana Milk
Snack	Apples, Sun butter & milk	Yogurt, blueberries & Milk	Salsa & WG Tortilla chips & Milk	Cheez-its & Milk	Apple Crispt & Milk
Breakfast	16 WG Cheerios & Milk WG Butter Toast Bananas	17 Life & 1% Milk WG Apple Muffin Apples OR Oranges	18 Kix & Milk Hard Boiled Eggs Apples OR Oranges	19 WG Rice Crispy & 1% Milk WG Blueberry Muffin Oranges	20 WG Mini Wheats & Milk Yogurt Apples
Lunch	BBQ Chicken Parsley Potatoes Peaches WG Roll Milk	WG Spaghetti w/meat sauce Green Beans Applesauce Milk	Pizza Kebabs- WG Pita bread, pepperonis & tomatoes & marina sauce Applesauce Milk	Pulled Pork w/WG Rice Harvard Beets Fruit cocktail Milk	Ham & Cheese Omelet Parsley Potatoes Oranges WG Butter Toast Milk
Snack	WG Goldfish & Milk	Pretzel & Milk	WG Cheerios & Milk	Apple Slices & Cheese & Milk	Trail Mix & Milk
Breakfast	23 WG Cheerios & Milk WG Butter Toast Apples	24 Life & Milk WG Apple Muffin Oranges OR Apples	25 Kix & Milk Hard Boiled Eggs Apples OR Oranges	26 WG Rice Crispy & Milk WG Blueberry Muffin Oranges	27 WG Mini Wheats & Milk Yogurt Bananas
Lunch	Grilled Chicken Scalloped potatoes Peaches WG Roll Milk	Black bean & Cheese Quesadilla Corn Mangos Milk	Vegetable Soup Cheese Stick WG Crackers Apple Slices Milk	Mac & Cheese w/WG Pasta Broccoli Applesauce Milk	Pizza Fresh Broccoli & Ranch Fresh fruit Salad Milk
Snack	Mandarin Oranges, graham Crackers & Milk	Animal Crackers & Milk	WG Tortilla Chip & Salsa & Milk	Yogurt & Blueberries & Milk	Pumpkin Muffins & Milk
Breakfast	30 WG Cheerios & 1% Milk WG Butter Toast Apples	31 Life & Milk WG Apple Muffin Oranges OR Apples	<p><i>~ Whole milk is served in compliance with CACFP guidelines for children 12 months-24 months at all meals.</i></p> <p><i>~ 1% milk is served in compliance with CACFP guidelines for children aged 24 months-12 years of age at all meal</i></p>		
Lunch	Chicken Patty on WG Roll Mixed Veggies Apple Slices Milk	Meatballs in Gravy Mashed Potatos Applesauce WG Roll Milk			
Snack	½ Banana & Milk	Cheez-it & Milk			