

October 1 - October 30

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey Ham and Swiss Cheese on Whole Grain Bread-1 Celery Sticks w/Dip-3/4c Fresh Orange-1 Milk-8oz	2 Baked Cheese Manicotti w/ Meat Sauce-5 oz. Green Beans-3/4 c. Whole Grain Bread Diced Pear Cup-1/2 c. Milk-8 oz.
5 W/G Chicken Nuggets-5 Corn-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	6 Sun Butter and Jelly Uncrustable on Whole Grain Bread-1 Fresh Baby Carrots with Dip-3/4c Applesauce Cup-1/2c Milk-8oz	7 Turkey Meatballs w/ Sauce on a W/G Hot Dog Bun-1 Green Beans-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.	8 All Beef Italian Sub-1 (Beef Bologna Beef Salami and Cheese) 100% Fruit Pouch-4oz Craisins-1/2c Milk-8oz	9 Teriyaki Chicken Fillet on a Whole Wheat Bun-1 Broccoli Florets-3/4 c. Peach Applesauce Cup-1/2c Milk-8oz
12 Grilled Chicken Wrap w/Lettuce and Tomato on W/W Wrap-1 100% Apple Juice-4oz Fresh Apple-1 Milk-8 oz.	12 Strawberry Yogurt Cup-4oz Cheddar Cheese Stick-1oz Mixed Fruit Cup-1/2c Grape Juice-4oz Whole Grain Animal Crackers-1 Milk-8 oz.	13 Beef Tacos with Shredded Cheddar Cheese-2 Corn-3/4c W/G 6" Flour Tortilla-2 Fresh Orange-1 Milk-8oz	14 Turkey and Cheese on a Whole Grain Bread-1 Fresh Baby Carrots w/ Dip-3/4c Cherry Craisins-3/4 c. Milk-8 oz.	15 Tony's Pizza-5 oz. Fresh Broccoli Florets w/ Dip-3/4 c. Fresh Banana-1 Milk-8 oz.
19 Beef Salami on a Kaiser Roll-1 Strawberry / Kiwi Juice-4oz Diced Pear Cup-1/2c Milk-8oz	20 Hummus Cup-2oz Mini Pretzels-1 Blueberry Yogurt-4oz Fresh Apple-1 Milk-8 oz.	21 Beef Meatloaf w/ Ketchup-3 oz. Seasoned Diced Potatoes-3/4 c Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	22 Sun Butter and Jelly Uncrustable on Whole Grain Bread-1 100% Grape Juice-4oz Fresh Banana-1 Milk-8 oz.	23 Grilled Chicken Parmigiana-3oz Broccoli Florets-3/4 c. Applesauce Cup-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.
26 Macaroni And Cheese-6oz Green Beans-3/4 c Whole Grain Bread Fresh Apple-1 Milk-8 oz.	27 Beef Bologna and Cheese on a Wheat Kaiser Roll-1 Celery Sticks w/ Dip-3/4c Craisins-1/2 c Milk-8 oz.	28 Grilled Chicken Tacos w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G 6" Flour Tortilla-2 Strawberry Craisins-1/2 c. Milk-8 oz.	29 Turkey Breast on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4c Fresh Orange-1 Milk-8oz	30 Tony's Pizza-5 oz. Fresh Broccoli Florets w/ Dip-3/4 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.

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What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Diced Peach Cup-1/2 c. 100% Grape Juice-4 oz. Multigrain Frosted Flakes-1 oz. Maple Waffle Grahams-2 Milk-8 oz.	6 Fresh Apple-1 W/G Apple Jacks Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	7 Diced Pear Cup-1/2 c. 100% Apple Juice-4 oz. Whole Wheat Bagel with Cream Cheese-1 Milk-8 oz.	8 Fresh Orange-1 Honey Graham Toasters Crl-1 oz Strawberry Breakfast Bar-1 Milk-8 oz.	9 Cherry Craisins-1/2 c. 100% Orange/Tang. Juice-4 oz. Strawberry Shredded Wheat Crl-1 oz. W/G Graham Crackers-3 Milk-8 oz.
12 Fresh Orange-1 W/G Strawberry Pop Tart-2 Milk-8 oz.	13 Mixed Fruit Cup-1/2 c. 100% Orange/Tang/Juice-4 oz. W/G Cranberry Muffin-2 oz. W/G Trix Cereal-1 oz. Milk-8 oz.	14 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Cinnamon Raisin Bagel w/ Cream Cheese-1 Milk-8 oz.	15 Fresh Apple-1 Honey Scooters Cereal-1 oz. W/G Strawberry Waffle Grahams-2 Milk-8 oz.	16 Fresh Pear-1 W/G Superdonut-2 oz. Milk-8 oz.
19 Diced Peach Cup-1/2 c. 100% Orange/Tang/Juice-4 oz. W/G Corn Chex Cereal-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	20 Mandarin Orange Cup-1/2 c. 100% Apple Juice-4 oz. W/G Rice Krispies-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.	21 Fresh Apple-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	22 Fresh Orange-1 W/G Cinn. Toasters Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	23 Golden Apple-1 W/G Multigrain Cheerios-1 oz. W/G Corn Muffin-2 oz. Milk-8 oz.
26 Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. W/G Fruity Cheerios-1 oz.. Apple Breakfast Bar-1 Milk-8 oz.	27 Fresh Orange-1 W/G Apple Jacks Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	28 Fresh Apple-1 W/G Strawberry Pop Tart-2 Milk-8 oz.	29 Fresh Pear-1 Honey Graham Toasters Crl-1 oz Strawberry Breakfast Bar-1 Milk-8 oz.	30 Fresh Orange-1 W/G Fruit Loops-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.