

Milk is served with lunch

Lunch Menu October 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3 Pizza Vegetable Fruit	4 Beef Tacos Lettuce, Tomatoes and Cheese Fruit	5 Italian Chicken Potatoes Vegetable Fruit Roll	6 Ham and Cheese Egg Bake Broccoli Fruit Bread	7 Chili Crackers Cheese Fruit
10 Pizza Vegetable Fruit	11 Hamburgers Baked Fries Fruit	12 Chicken and Rice Casserole Vegetable Fruit Bread	13 Lasagna Vegetable Fruit	14 Vegetable Soup Fruit Bread
17 Pizza Vegetable Fruit	18 Chicken Tacos Lettuce, Tomatoes and Cheese Fruit	19 Goulash Vegetable Fruit	20 Mexican Chicken Casserole Vegetable Fruit Roll	21 Vegetarian Chili Crackers Cheese Fruit
24 Pizza Vegetable Fruit	25 Black Bean and Corn Enchiladas Fruit	26 Ham and Broccoli Casserole Fruit	27 Beef Stew Fruit Bread	28 Chicken Noodle Soup Crackers Fruit
31 Pizza Vegetable Fruit	1 Beef Tacos Lettuce, Tomatoes and Cheese Fruit	2 Meatballs and Pasta Vegetable Fruit	3 Italian Chicken Potatoes Vegetable Fruit Roll	4 Tomato Soup and Cheese Sandwich Fruit

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.