

Milk is served with lunch

Lunch Menu October 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2 Pizza Carrots Bananas	3 Goulash Corn Apple Slices	4 Chicken Tenders Parsley Potatoes Green Beans Melon Rolls	5 Red Chili Cheese and Crackers Oranges	6 Alfredo Fettuccine with Chicken Cucumbers and Tomatoes Pears
9 Pizza Broccoli Oranges	10 Cheese, Chicken and Black Bean Enchiladas Peaches	11 Tator Tot Hotdish with Veggies Dinner Roll Melon	12 Cheese Ravioli Cucumbers and Tomatoes Pears	13 Sloppy Joes on a Bun Broccoli Apples
16 Pizza Carrot Sticks Bananas	17 Chicken Pot Pies Green Beans Oranges	18 Beef Stew with Veggies Rye Bread Pears	19 Pork Roast Rosemary Potatoes Corn Applesauce	20 Pulled Pork Sandwiches Carrots Apples
23 Pizza Broccoli Plums	24 Meat Loaf Baked Potato Corn Roll Melon	25 White Chili Cheese and Crackers Apples	26 Chicken Rice Casserole Pea and Carrots Oranges	27 Hamburgers Green Beans Pears
30 Pizza Carrots Bananas	31 Meatsauce and Pasta Corn Apples	1 Drum Sticks Spanish Rice with Beans, Corn and Peppers Plums	2 Beef Tacos Cheese, Tomatoes and Lettuce Melon	3 Turkey Sandwich on a Croissant Broccoli Oranges

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.

Fresh Fruit - May vary depending on the time of year. This will consist of any of the following: Apples, Oranges, Pears, Nectarines, Bananas, Blueberries, Strawberries, Black or Red Berries and Melons.