

Milk is served with lunch

Lunch Menu October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
30 Pizza Cucumbers and Tomatoes Oranges	1 Lasagna Green Beans Apples	2 Roast Turkey Mashed Potatoes Melon Muffins	3 Hamburger on a Bun Lettuce Salad Peaches	4 Turkey and Wild Rice Casserole Peas and Carrots Pears
7 Pizza Carrots Bananas	8 Pasta and Meatsauce Broccoli Plums	9 Chicken and Rice Casserole Mixed Vegetables Pears	10 Taco Pie Tomatoes Apples	11 Chicken Quesadillas Lettuce Salad Oranges
14 Pizza Cucumbers Oranges	15 Baked Chicken Broccoli Pears Roll	16 Meatloaf Potatoes Corn Apples	17 Pork Roast Green Beans Applesauce Roll	18 Pork and Rice Casserole Vegetable Nectarines
21 Pizza Broccoli Bananas	22 Beef Tacos Lettuce and Tomatoes Oranges	23 Lasagna Corn Nectarines	24 Chili Quesadillas Pears	25 Turkey on a Croissant Carrots Apples
28 Pizza Broccoli Oranges	29 Black Bean Enchiladas Apples	30 Chicken Rosemary Potatoes Berries Roll	31 Hamburger on a Bun Tator Tots Carrots Melon	1 Hoagie Sandwich Mixed Vegetables Mixed 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.

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.