

# October Lunch

Infants are served breast milk or formula with iron.  
 Toddlers are served whole milk.  
 Preschool and School-age are served 1% milk.  
 WG = Whole grain  
 CN = Child nutrition label  
 HM = Home made

Mon	Tues	Wed	Thur	Fri
	1 WG/HM Chicken Tetrazzini Salad/Dressing Apples Milk	2 WG/HM BBQ Pulled Chicken Bun Baked Beans Bananas Milk	3 HM Chili Broccoli Pineapple Cornbread Milk	4 HM Macaroni and Cheese Peas Watermelon Milk
7 WG/HM Salisbury Steak Rolls Greens Applesauce Milk	8 HM Cowboy Cavatini Corn Oranges Milk	9 HM Chicken Stew/Veggies Noodles Fruit Cocktail Milk	10 WG/HM Teriyaki Chicken Brown Rice Broccoli Melon Milk	11 WG/HM Cheese Burger/Bun Ketchup Peas Pineapple Milk
14 WG/HM Chicken Breast/Gravy Brown Rice Carrots Oranges Milk	15 WG/CN Cheese Ravioli/Sauce Salad/Dressing Apples Milk	16 WG/CN Cheese Pizza Brussel Sprouts Banana	17 WG/HM Sloppy Joe/Bun Mixed Veggies Pineapple Milk	18 WG/CN Hot Dog/Bun Ketchup Green Beans Peaches Milk
21 WG/HM Quiche Mixed Veggies Applesauce Bread Milk	22 WG/HM Chicken Penne Pasta Greens Oranges Milk	23 WG/HM Shepherds Pie/Veggies Bread Fruit Cocktail Milk	24 WG/HM Chicken Stir Fry Brown Rice Broccoli Melon Milk	25 WG/CN Chicken Sandwich/Bun Peas Banana Milk
28 HM Chicken Salad Crackers Green Beans Oranges Milk	29 WG//HM Spaghetti/Meat Sauce Bread Stick Mixed Veggies Bananas Milk	30 WG/CN Cheese Quesadillas Salad/Dressing Banana Milk	31 WG/HM Turkey Tacos/Shells Coen Peaches Milk	