

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
 Mixed Veggies= Green beans, corn, peas, carrots

Mon	Tues	Wed	Thur	Fri
		1 CN WG Cheese Quesadillas Salad Dressing Banana Milk	2 HM Turkey Nachos Corn Diced Peaches Milk	3 HM Chicken Fried Rice WG Carrots Pineapple Milk
6 HM BBQ Chicken Breast Roll WG Baked Beans Applesauce Milk	7 HM Ground Turkey Stroganoff Noodles WG Corn Oranges Milk	8 CN Cheese Pizza WG Broccoli Fruit Cocktail Milk	9 HM Cheese Lasagna Carrots Melon Milk	10 CN Fish Sticks WG Mixed Veggies Banana Milk
13 HM Meatloaf Bread WG Green Beans Oranges Milk	14 HM Chicken Tetrazzini WG Salad/Dressing Apples Milk	15 HM BBQ Pulled Chicken Bun WG Baked Beans Banana Milk	16 HM Chili Broccoli Pineapple Cornbread Milk	17 HM Macaroni and Cheese Peas Peaches Milk
20 HM Salisbury Roll WG Greens Applesauce Milk	21 HM Cowboy Cavatini Corn Oranges Milk	22 HM Chicken Stew with Veggies Noodles Fruit Cocktail Milk	23 HM Terriyaki Chicken Rice WG Broccoli Melon Milk	24 HM Cheese burger Bun WG Ketchup Peas Pineapple Milk
27 HM Chicken Breast/Gravy Brown Rice WG Carrots Oranges Milk	28 CN Cheese Ravioli/Sauce WG Salad/Dressing Apples Milk	29 CN Pizza Brussel Sprouts Banana Milk	30 HM Sloppy Joes Bun WG Mixed Veggies Pineapples Milk	31 CN Beef Hot Dog Bun WG Green Beans Diced Peaches Milk