





# October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Breakfast:</b> Whole Grain Waffles Fresh Bananas, Milk/Water <b>Lunch:</b> Beef Taco, Sweet Potato Chunks, Apricots, Milk/ Water <b>PM Snack:</b> Whole Grain Ritz, String Cheese Water	2 <b>Breakfast:</b> Yogurt Parfait with Fresh Strawberries, Whole Grain Cereal, Milk/ Water <b>Lunch:</b> Whole Grain Spaghetti with Meat sauce, Salad/ Green Beans, Pears, Milk/ Water <b>PM Snack:</b> Cucumbers with Ranch and Whole Grain Crackers, Water	3 <b>Breakfast:</b> Oatmeal, Fresh Blueberries Milk/ Water <b>Lunch:</b> Whole Grain Fish Sticks, Broccoli, Apple Slices , Milk/ Water <b>PM Snack:</b> Graham Crackers and Milk/ Water	4 <b>Breakfast:</b> Kix cereal, Fresh Banana, Milk/ Water <b>Lunch:</b> Grilled Cheese Sandwiches on Whole Grain Bread, Fresh Zucchini, Fresh Orange Slices, Milk/ Water <b>PM Snack:</b> Whole Grain Flat Bread, Hummus, Fresh Carrots, Water
7 <b>Breakfast:</b> Whole Grain English Muffin, Sun Butter, Fresh Blueberries, Milk/ Water <b>Lunch:</b> Chicken Breast, Green Beans, whole wheat bread, Peaches, Milk/ Water <b>PM Snack:</b> Veggie Straws, Fresh Mandarin Oranges, Water	8 <b>Breakfast:</b> Whole Grain Waffles Fresh Bananas, Milk/ Water <b>Lunch:</b> Black beans and Cheese Tacos, Corn, Apricots, Milk/ Water <b>PM Snack:</b> Whole Grain Ritz, String Cheese Water	9 <b>Breakfast:</b> Yogurt Parfait with Fresh Strawberries, Whole Grain Cereal, Milk/ Water <b>Lunch:</b> Chicken Breast, Rice Pilaf, Salad/Green Beans, Pears, Milk/ Water <b>PM Snack:</b> Fresh Zucchini with Ranch and Whole Grain Crackers, Water	10 <b>Breakfast:</b> Oatmeal, Fresh Sliced Apples Milk/ Water <b>Lunch:</b> Turkey Meatballs, Peas, Whole Wheat Bread, Mixed Fruit, Milk/ Water <b>PM Snack:</b> Cottage Cheese , Pretzels and Peaches, Water	11 <b>Breakfast:</b> Cheerios Cereal, Fresh Banana, Milk/ Water <b>Lunch:</b> Whole Grain Pasta Salad with Ham, Peas and Carrots, Fresh Orange Slices, Milk/ Water <b>PM Snack:</b> Whole Grain Flat Bread, Hummus, Fresh Carrots, Water
14 <b>CLOSED</b> <b>TEACHER IN-SERVICE DAY</b>	15 <b>Breakfast:</b> Whole Grain Waffles Fresh Bananas, Milk/ Water <b>Lunch:</b> Beef Taco, Sweet Potato Chunks, Apricots, Milk/ Water <b>PM Snack:</b> Whole Grain Ritz, String Cheese Water	16 <b>Breakfast:</b> Yogurt Parfait with Fresh Strawberries, Whole Grain Cereal, Milk/ Water <b>Lunch:</b> Whole Grain Spaghetti with Meat sauce, Salad/Green Beans, Pears, Milk/ Water <b>PM Snack:</b> Cucumbers with Ranch and Whole Grain Crackers, Water	17 <b>Breakfast:</b> Oatmeal, , Fresh Blueberries Milk/ Water <b>Lunch:</b> Hamburger on Whole Wheat Bun, Baked Beans, Sliced Apples, Milk/ Water <b>PM Snack:</b> Graham Crackers and Milk/ Water	18 <b>Breakfast:</b> Kix cereal, Fresh Banana, Milk/ Water <b>Lunch:</b> Grilled Cheese Sandwiches on Whole Grain Bread, Fresh Zucchini, Fresh Orange Slices, Milk/ Water <b>PM Snack:</b> Whole Grain Flat Bread, Hummus, Fresh Carrots, Water
21 <b>Breakfast:</b> Whole Wheat Toast, Sun Butter, Fresh Blueberries, Milk/ Water <b>Lunch:</b> Chicken Breast, Yellow Squash, whole wheat bread, Peaches, Milk/ Water <b>PM Snack:</b> Veggie Straws, Fresh Mandarin Oranges, Water	22 <b>Breakfast:</b> Whole Grain Waffles Fresh Bananas, Milk/ Water <b>Lunch:</b> Black beans and Cheese Tacos, Corn, Apricots, Milk/ Water <b>PM Snack:</b> Whole Grain Ritz, String Cheese Water	23 <b>Breakfast:</b> Yogurt Parfait with Fresh Strawberries, Whole Grain Cereal, Milk/ Water <b>Lunch:</b> Veggie Lasagna, Garlic Bread, Salad/Green Beans, Pears, Milk/ Water <b>PM Snack:</b> Fresh Zucchini with Ranch and Whole Grain Crackers, Water	24 <b>Breakfast:</b> Oatmeal, Fresh Sliced Apples Milk/ Water <b>Lunch:</b> Turkey Meatballs, Peas and Carrots, Whole Wheat Bread, Mixed Fruit, Milk/ Water <b>PM Snack:</b> Cottage Cheese, Pretzels and Peaches, Water	25 <b>Breakfast:</b> Kix cereal, Fresh Banana, Milk/ Water <b>Lunch:</b> Whole Grain Pasta Salad with Ham, Peas and Carrots , Fresh Orange Slices, Milk/ Water <b>PM Snack:</b> Whole Grain Flat Bread, Hummus, Fresh Carrots, Water
28 <b>Breakfast:</b> Whole Wheat Toast, Sun Butter, Fresh Blueberries, Milk/ Water <b>Lunch:</b> Chicken Breast, Peas, whole wheat bread, Peaches, Milk/ Water <b>PM Snack:</b> Veggie Straws, Fresh Mandarin Oranges, Water	29 <b>Breakfast:</b> Whole Grain Waffles Fresh Bananas, Milk/ Water <b>Lunch:</b> Beef Taco, Sweet Potato Chunks , Apricots, Milk/ Water <b>PM Snack:</b> Whole Grain Ritz, String Cheese Water	30 <b>Breakfast:</b> Yogurt Parfait with Fresh Strawberries, Whole Grain Cereal, Milk/ Water <b>Lunch:</b> Whole Grain Spaghetti with Meat sauce, Salad/Green Beans, Pears, Milk/ Water <b>PM Snack:</b> Cucumbers with Ranch and Whole Grain Crackers, Water	31 <b>Breakfast:</b> Oatmeal, Fresh Blueberries Milk/ Water <b>Lunch:</b> Hamburger on Whole Wheat Bun, Broccoli, Sliced Apples, Milk/ Water <b>PM Snack:</b> Graham Crackers and Milk/ Water	

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. All juice is 100% fruit juice. Children (age 12-24 months) are served whole milk. After 24 months, all children are served 1% milk. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability.