



Main Lunch Menu

October 2024

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk
(*menu modifications in italics*)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk (*menu modifications in italics*)

3–5-Year-Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 Cheese Sandwich on WW Bread Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk	October 1 Turkey & Cheese Sandwich on WW Bread Carrot Sticks (Chic Peas) Mayonnaise Ranch Dressing Fruit Milk Cheese Sandwich	October 2 Turkey Burger w/ Cheddar Cheese on WG Bun Tater Tots Ketchup Fruit Milk Veggie Burger on WG Bun	October 3 Mac & Cheese w/ WG Pasta Mixed Vegetables Fruit Milk	October 4 Chicken Taco w/ WW Flour Tortilla Shredded Cheddar Cheese Corn & Black Bean Salad Fruit Milk Refried Bean Taco National Taco Day
October 7 Beef Riblet w/BBQ Sauce WG Dinner Roll Green Beans Fruit Milk Veggie Burger	October 8 Grilled Chicken Pot Pie w/Mixed Vegetables WG Biscuit Fruit Milk Lentil Pot Pie	October 9 Turkey Ham & Cheese Hoagie on WG Roll w/ Mayonnaise Cucumbers Fruit mayo Milk Cheese Hoagie National Hoagie Day	October 10 Beef BBQ WG Bun Cauliflower Fruit Milk Veggie Burger	October 11 WG Chicken Fingers Mashed Potatoes Ketchup Fruit Milk Veggie Nuggets
October 14 Meatballs in Marinara Sauce WG Hoagie Roll Green Beans Fruit Milk Veggie Meatballs	October 15 Grilled Chicken Sandwich WG Bun Carrot Sticks & Ranch Fruit Milk Veggie Nuggets	October 16 Turkey Ham and Cheese Sandwich on WW Bread Diced Cucumber (Peeled and Diced Cucumber) Mayonnaise Fruit Milk Cheese Sandwich	October 17 Egg Patty & Cheese on WG Bagel Breakfast Potatoes Fruit Milk	October 18 Hamburger w/ Cheddar Cheese on WG Bun Corn Fruit Milk Veggie Burger
October 21 Chicken Fingers WG Waffle Broccoli (Peeled & Diced Cucumber) Fruit Milk WG Waffle and Veggie Sausage National Chicken & Waffle Day	October 22 Beef Taco w/ Cheddar Cheese on WW Flour Tortilla Corn & Black Salad Fruit Milk Bean Taco	October 23 Chicken, Cheddar Cheese, and Brown Rice Bake Peas Fruit Milk Tofu, Cheddar, Rice Bake	October 24 Mac & Cheese w/ WG Pasta Diced Cucumbers w/ Ranch Fruit Milk	October 25 Turkey & Cheese Sandwich on WW Bread Carrot Sticks (Chic Peas) Ranch Dressing Mayonnaise Fruit Milk Cheese Sandwich
October 28 WG Chicken Fingers Mashed Potatoes Ketchup Fruit Milk Veggie Nuggets	October 29 Turkey Sausage String Cheese WG French Toast Broccoli w/ Ranch (Diced Tomatoes) Fruit Milk WG Waffle and Veggie Sausage	October 30 Meatloaf w/Beef Gravy WG Dinner Roll Mixed Vegetables Fruit Milk Veggie Burger	October 31 Grilled Chicken w/Salsa Red Beans & Bown Rice Fruit Milk Veggie Nuggets	November 1 Pizza Bagel – Mozzarella cheese and marinara sauce on WG Bagel Celery Sticks (Diced Cucumbers) Ranch Dressing Fruit Milk

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos, Blueberries