



**Lunch Menu – Wheat & Soy Free**

**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
<b>September 30</b> <b>Sunbutter &amp; Jelly Sandwich on GF Bread</b> Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk	<b>October 1</b> <b>Turkey Sandwich on GF Bread</b> Carrot Sticks (Chic Peas) Fruit Milk	<b>October 2</b> <b>Turkey Burger on GF Bun</b> Cooked Carrots Ketchup Fruit Milk	<b>October 3</b> <b>GF Pasta w. Meat Sauce</b> Mixed Vegetables Fruit Milk	<b>October 4</b> <b>Chicken Taco Bowl</b> Rice Corn & Black Bean Salad Fruit Milk <b>National Taco Day</b>
<b>October 7</b> <b>Beef Riblet w/BBQ Sauce</b> GF Dinner Roll Green Beans Fruit Milk	<b>October 8</b> <b>Grilled Chicken</b> GF Dinner Roll Mixed Veg Fruit Milk	<b>October 9</b> <b>Turkey Ham Hoagie on GF Roll</b> Cucumbers Fruit Milk <b>National Hoagie Day</b>	<b>October 10</b> <b>Beef BBQ</b> GF Bun Cauliflower Fruit Milk	<b>October 11</b> <b>Grilled Chicken</b> Rice Cooked Carrots Ketchup Fruit Milk
<b>October 14</b> <b>Beef BBQ</b> GF Hoagie Roll Green Beans Fruit Milk	<b>October 15</b> <b>Grilled Chicken Sandwich</b> GF Bun Carrot Sticks Fruit Milk	<b>October 16</b> <b>Turkey Ham Sandwich on GF Bread</b> Diced Cucumber (Peeled and Diced Cucumber) Fruit Milk	<b>October 17</b> <b>Veggie Sausage</b> Vegan French Toast Sticks Breakfast Potatoes Fruit Milk	<b>October 18</b> <b>Hamburger on GF Bun</b> Corn Fruit Milk
<b>October 21</b> <b>Grilled Chicken</b> Rice Broccoli (Peeled & Diced Cucumber) Fruit Milk <b>National Chicken &amp; Waffle Day</b>	<b>October 22</b> <b>Beef Taco Bowl</b> Rice Corn & Black Salad Fruit Milk	<b>October 23</b> <b>Grilled Chicken w. Rice</b> Peas Fruit Milk	<b>October 24</b> <b>GF Pasta w. Meat Sauce</b> Diced Cucumbers Fruit Milk	<b>October 25</b> <b>Turkey Sandwich on GF Bread</b> Carrot Sticks (Chic Peas) Fruit Milk
<b>October 28</b> <b>Grilled Chicken</b> Rice Cooked Carrots Ketchup Fruit Milk	<b>October 29</b> <b>Turkey Sausage</b> Rice Broccoli (Diced Tomatoes) Fruit Milk	<b>October 30</b> <b>100% Ground Beef Patty</b> GF Dinner Roll Mixed Vegetables Fruit Milk	<b>October 31</b> <b>Grilled Chicken w/Salsa</b> Red Beans & Bown Rice Fruit Milk	<b>November 1</b> <b>Turkey Sandwich on GF Bread</b> Celery Sticks (Diced Cucumbers) 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