



OCTOBER 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ham & Cheese On Pita Bread Steamed Broccoli Fresh sliced apples Milk	2 Macaroni & Beef w/ Beef Gravy Steamed Corn Fresh sliced oranges Milk	3 Chicken Noodle Soup w/ Diced Steamed Carrots Cheese Sandwich on Wheat Bread Fresh Bananas Milk	4 Mexican Chicken Tacos w/ shredded cheddar Taco Shells Lettuce & Tomatoes Sliced Cucumbers Milk	5 Turkey & Provolone Sandwich w/ Wheat Bread Fresh Sliced Apples Garden Salad Milk
8 Salami & American Cheese Roll Ups Tortilla Shells Steamed Green Beans Fresh sliced pears Milk	9 Macaroni & Cheddar Cheese Steamed Carrots Fresh sliced oranges Milk	10 Shepherd's Pie Ground Beef w/ mashed potatoes and mixed vegetables Fresh bananas Milk	11 Chicken & Cheddar Cheese quesadilla Steamed corn Fresh sliced apples Milk	12 Baked Ziti w/Ricotta cheese Marinara Sauce Steamed Peas Fresh sliced pears Milk
15 Pepperoni & Mozzarella Wraps on Tortillas Steamed Peas Fresh Watermelon Milk	16 Chicken Nuggets Pita Bread Steamed Carrots Fresh sliced oranges Milk	17 Vegetarian Bowl w/ Black Beans, Corn, Cheese White Rice Fresh sliced oranges Milk	18 Ham & Cheese On wheat bread Steamed Green Beans Fresh sliced apples Milk	19 Meatball Hoagies White Roll Marinara Sauce Steamed mixed veg Fresh sliced oranges Milk
22 Cold Greek Pasta Salad Tomatoes/Peppers/cucumbers Feta Cheese Wheat Rolls Fresh sliced apples Milk	23 Turkey & American cheese Sandwich w/ Wheat Bread Fresh Sliced oranges Garden Salad Milk	24 Meatloaf Confetti Rice w/ Mixed Vegetables Fresh sliced apples Milk	25 Chicken Teriyaki White Rice Steamed Broccoli Fresh Bananas Milk	26 Pasta and meatballs w/ marinara sauce Steamed carrots Fresh sliced oranges Milk
29 Breakfast for Lunch Pancakes & Eggs Turkey Bacon /Sausage Apple Sauce 100% Orange Juice Milk	30 Beef Soft Tacos w/ shredded cheddar cheese Lettuce and Tomatoes Fresh sliced apples Milk	31 Salami & American Cheese Roll Ups Tortilla Shells Steamed Green Beans Fresh sliced pears Milk		

Alternate Choices: cheese sandwiches, jelly sandwiches, pizza, macaroni and cheese, egg patties, yogurt, beans, macaroni and sauce and cereal as available.

Please note: Menu is subject to change.

Please note that fresh fruits and vegetables listed on our menu is used as a place holder as we are depended on fruit in season and availability. To increase fresh fruit versus canned fruit, we may need to substitute with another fresh fruit that is available as our supplier no longer reserves fresh fruit in advance. In other words, we will place the order, but we will not know if we will receive it until our order arrives.



OCTOBER 2018 BREAKFAST & SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Berry Krunch Cereal Pineapple Wedges Milk Graham Crackers 100% Apple juice	2 Corn Flakes Cereal Sliced Apples Milk Pretzels 100% Orange Juice	3 Rice Krispies Cereal Sliced Peaches Milk Goldfish Crackers 100% Apple Juice	4 Oatmeal Apple Sauce Milk Pretzels 100% Orange Juice	5 Corn Muffins Sliced Pears Milk Chocolate Chip Cookies 100% Apple Juice
8 Raisin Bran Cereal Mandarin Oranges Milk Wheat Crackers 100% Apple Juice	9 Corn Flakes Cereal Fruit Cocktail Milk Salad Wafers 100% Orange Juice	10 Cheerios Cereal Pineapple Wedges Milk Graham Crackers 100% Apple Juice	11 Oatmeal Apple Sauce Milk Animal Crackers 100% Orange Juice	12 French Toast Sticks Fresh Bananas Milk Oatmeal Cookies 100% Apple Juice
15 Cinnamon Granola Cereal Raisins Vanilla Yogurt Milk Vanilla Wafers 100% Apple Juice	16 Cheerios Cereal Sliced Apples Milk Cheezit Crackers 100% Orange Juice	17 Rice Krispies Cereal Sliced Peaches Milk Pretzels 100% Apple Juice	18 Oatmeal Apple Sauce Milk Goldfish Crackers 100% Orange Juice	19 Waffles & Syrup Sliced Pears Milk Oreo Cookies 100% Apple Juice
22 Raisin Bran Cereal Mandarin Oranges Milk Wheat Crackers 100% Apple Juice	23 Corn Flakes Cereal Fruit Cocktail Milk Salad Wafers 100% Orange Juice	24 Berry Krunch Cereal Pineapple Wedges Milk Graham Crackers 100% Apple juice	25 Oatmeal Apple Sauce Milk Goldfish Crackers 100% Orange Juice	27 Pancakes & Syrup Fresh Bananas Milk Chocolate Chip Cookies Apple Juice
29 Cheerios Cereal Fresh Bananas Milk Oreo Cookies 100% Apple Juice	30 Cinnamon Granola Cereal Raisins Vanilla Yogurt Milk Wheat Crackers 100% Orange Juice	31 Rice Krispies Cereal Sliced Peaches Milk Oatmeal Cookies 100% Apple Juice		

Alternate Choices: A variety of available cereal and fruit

Please note that in accordance with Department of Agriculture and Department of Health requirement for Childcare centers, milk cannot be eliminated from meals without a medical clearance. If your child requires special milk, please ensure that the school always has a supply otherwise regular whole milk or 1% milk will be served unless it is an allergy situation.