

## MEAL MENU

### October 21 - 25

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Waffles Apples Milk	Frosted flakes Craisins Milk	French Toast Peaches Milk	Cheerios cereal Raisins Milk	Pancakes Pineapple Milk
<b>Lunch</b>	Chicken Salad Sandwich Bananas Cucumber Milk or Water	Fish Sticks French fries Oranges Milk or Water	Mac and Cheese Black beans Apple sauce Milk or Water	Chicken Patty on a bun Bananas Baby carrots Milk or Water	Pita bread pizza Mozzarella cheese Oranges Bell peppers Milk or water
<b>Snack</b>	Veggie Straws Mangos Water	Tortilla Chips Salsa Water	Ritz Crackers Cheese Sticks Water	Pretzels Yogurt Water	Saltine Crackers Craisins Water

### October 28 – November 1

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Waffles Apple sauce Milk	Cheerios Craisins Milk	French Toast Peaches Milk	Frosted Flakes Raisins Milk	Pancakes Apples Milk
<b>Lunch</b>	Turkey sandwich Banana Carrots Milk or Water	Cheese and bean Burrito Peaches Milk or Water	Penne pasta Marinara sauce Cheese Pineapple Milk or Water	Beef meatballs Mashed potato Fruit cocktail Kidney beans Milk or water	Tuna sandwich Oranges Cucumber slices Milk or Water
<b>Snack</b>	Graham crackers Raisins Water	Veggie straws Mangos Water	Animal crackers Yogurt Water	Chex mix Craisins Water	Saltine crackers Cheese sticks Water

**Milk** served to children is 1% lowfat milk or fat free.

**Mixed vegetable contains:** Peas, Carrots, Corn, Green beans

**Fruit cocktail contains:** Peach Pineapple, Pear, Grape

**Mixed Fruit contains:** Pineapple, Strawberries, Peach, Mango

**Blend fruit contains:** Pineapple, Honeydew, Strawberries, Mango

## MEAL MENU

### November 4 - 8

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Waffles Apples Milk	Frosted flakes Craisins Milk	French Toast Pears Milk	Cheerios cereal Raisins Milk	Pancakes Strawberries Milk
<b>Lunch</b>	Chili Mac Oranges Green beans Milk or Water	English Muffin Cheese Melt Apples Sliced carrots Milk or Water	Shell Pasta w/ Alfredo Sauce Mixed Fruit Black beans Milk or Water	Chicken Patty on a bun Apple sauce Cucumbers Milk or Water	Cheese Quesadilla w refried beans Bananas Broccoli Milk or Water
<b>Snack</b>	Ritz Crackers Cheese Stick Water	Tortilla Chips Salsa Water	Saltine Crackers Cheese slices Water	Veggie Straws Mangos Water	Pretzel Carrots Water

### November 11 - 15

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Waffles Mangos Milk	Cheerios Craisins Milk	French Toast Pears Milk	Frosted Flakes Raisins Milk	Pancakes Pineapple Milk
<b>Lunch</b>	Rice w/Cheese Oranges Green beans  Milk or Water	Chicken nuggets Tater tots Peaches Milk or Water	Pita bread Pizza Mozzarella Cheese Apples Cucumber slices Milk or Water	Beef Ravioli Rolls Fruit cocktail Garbanzo Beans Milk or water	Ham Sandwich Mangos Baby Carrots Milk or Water
<b>Snack</b>	Graham crackers Cheese sticks Water	Club Crackers Carrots Water	Animal Crackers Raisins Water	Goldfish Yogurt Water	Ritz Crackers Cheese slices Water

**Milk** served to children is 1% lowfat milk or fat free.

**Mixed vegetable contains:** Peas, Carrots, Corn, Green beans

**Fruit cocktail contains:** Peach Pineapple, Pear, Grape

**Mixed Fruit contains:** Pineapple, Strawberries, Peach, Mango

**Blend fruit contains:** Pineapple, Honeydew, Strawberries, Mango