







# October 2021



Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>Breakfast</u> Hash brown, Mixed Fruit, Milk <u>Lunch</u> Spaghetti, Green Beans, Mixed Fruit, WG Bread, Milk <u>Snack</u> Gold Fish, Cantaloupe, Water
4 <u>Breakfast</u> Cheerios Cereal, Apples, Milk <u>Lunch</u> Pork Chop, Field Peas, Applesauce, WG Bread, Milk <u>Snack</u> Cheez it Crackers, Oranges, Water	5 <u>Breakfast</u> Sausage Patties, WG Bread, Peaches, Milk <u>Lunch</u> Taco Soup, Tortilla Chips, Peaches, Milk <u>Snack</u> Gold Fish, Honeydew, Water	6 <u>Breakfast</u> Grits, Pears, Milk <u>Lunch</u> BBQ Ribs, Green Beans, Pears, Whole Wheat Bread, Milk <u>Snacks</u> Doritos, Cantaloupe, Water	7 <u>Breakfast</u> Bagel, Mixed Fruit, Milk <u>Lunch</u> Pizza, Corn, Mixed Fruit, Milk <u>Snack</u> Animal Crackers, Orange, Water	8 <u>Breakfast</u> Raisins Bread, Pineapple, Milk <u>Lunch</u> Chicken Patty with bun, Mixed Vegetables, Pineapple, Milk <u>Snack</u> Sun Chips, Cantaloupe, Water
11 <u>Breakfast</u> Cinnamon Toast Cereal, Apples, Milk <u>Lunch</u> Stew Beef over Rice, Cabbage, Pineapple, WG Bread, Milk <u>Snack</u> Corn Chips, Honeydew, Water	12 <u>Breakfast</u> Grits, Applesauce, Milk <u>Lunch</u> Chicken Patty w/Bun, Peas & Carrots, Applesauce, WG Bread, Milk <u>Snack</u> Veggie Chips, Cantaloupe, Water	13 <u>Breakfast</u> Grits, Peaches, Milk <u>Lunch</u> Meat Loaf, Mashed Potatoes, Peaches, Whole Wheat Bread, Milk <u>Snack</u> Veggie Sticks, Orange, Water	14 <u>Breakfast</u> Pancakes, Mixed Fruit, Milk <u>Lunch</u> Chicken & Rice, Green Beans, Mixed Fruit, Whole Wheat Bread, Milk <u>Snack</u> Graham Crackers, Honeydew, Water	15 <u>Breakfast</u> Muffins, Pears, Milk <u>Lunch</u> Mini Burgers, Butter Beans, Pears, Whole Wheat Bread, Milk <u>Snack</u> Plain Chips, Cantaloupe, Water
18 <u>Breakfast</u> Kix Cereal, Apples, Milk <u>Lunch</u> Chicken Nuggets, Mashed Potatoes, Applesauce, Whole Wheat Bread, Milk <u>Snack</u> Doritos, Honeydew, Water	19 <u>Breakfast</u> Waffles, Mixed Fruit, Milk <u>Lunch</u> Country Style Steak over Rice, Broccoli and Cheese, Mixed Fruit, Whole Wheat Bread, Milk <u>Snack</u> Chex Mix, Cantaloupe, Water	20 <u>Breakfast</u> Pancakes, Pears, Milk <u>Lunch</u> Mini Burgers, Sweet Potato Fries, Pears, Milk <u>Snack</u> Veggie Chips, Orange, Water	21 <u>Breakfast</u> Hash Browns, Peaches, Milk <u>Lunch</u> Pork Chop, Field Peas, Peaches, WG Bread, Milk <u>Snack</u> Graham Crackers, Honeydew, Water	22 <u>Breakfast</u> Cheese Biscuit, Pineapple, Milk <u>Lunch</u> Hot Dog, Tatar Tots, Pineapple, Whole Wheat Bread, Milk <u>Snack</u> Graham Crackers, Cantaloupe, Water
25 <u>Breakfast</u> Cheerio Cereal, Apple, Milk <u>Lunch</u> Beanie Weenies, Applesauce, Whole Wheat Bread, Milk <u>Snack</u> Gold Fish, Honeydew, Water	26 <u>Breakfast</u> Hash brown, Mixed Fruit, Milk <u>Lunch</u> Vegetable Beef Soup, Mixed Fruit, Corn Muffins, Milk <u>Snack</u> Corn Chips, Cantaloupe, Water	27 <u>Breakfast</u> Grits, Pears, Milk <u>Lunch</u> Chicken Patty with bun, Tatar Tots, Pears, Milk <u>Snack</u> Sun Chips, Orange, Water	28 <u>Breakfast</u> Waffle, Pineapple, Milk <u>Lunch</u> Ham and Cheese Sliders, Pineapple, Pickles, Milk <u>Snack</u> WG Gold Fish Crackers, Honeydew, Water	29 <u>Breakfast</u> Raisin Bread, Peaches, Milk <u>Lunch</u> BBQ Meatballs, Baked Beans, Peaches, Whole Wheat Bread, Milk <u>Snack</u> Chex Mix, Cantaloupe, Milk

Water is given throughout the day. Snacks are provided in the afternoon. Menus may vary depending on availability of food and are subject to change. Menus are modified to accommodate with special diets. All milk provided from our center is unflavored milk. WG = Whole Grain