

MONTH/DATES October 20-24 WEEK #1

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Breakfast	Whole Grain French Toast Turkey Sausage Pears Milk	Whole Grain Pancakes Scrambled Eggs Watermelon Milk	Whole Grain Banana Bread Blackberries Milk	Whole Grain Waffles Egg Patty Strawberries Milk	Whole Grain Muffins Apples Milk
Lunch	Whole Grain Roll Country Fried Steak Apples Roasted Vegetables Milk	Whole Grain Bun Pulled Pork Strawberries Cauliflower Milk	Whole Grain Taco Pizza Banana California Blend Milk	Whole Grain Bosco Sticks Pineapples Marinara/Corn Milk	Whole Grain Toasted Grilled Cheese Honeydew Tomato Soup Milk
Snack	Graham Crackers (I,T,P) Bananas (I,T,P)	Yogurt Bites (I,T,P) Peaches (I,T,P)	Cinnamon Crisps (T,P) Club Crackers (I) Mandarin Oranges(I,T,P)	(I,T,P)Pears Ritz Crackers (I,T,P)	Watermelon (I,T,P) Raisins (T,P) Pirates Booty (I)













at the University of Kentucky

MONTH/DATES October 27-31 WEEK # 2

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
Breakfast	Whole Grain Toast Scrambled Eggs Bananas Milk	Whole Grain Bagel Canadian Bacon Pears Milk	Whole Grain Oatmeal Blackberries Milk	Whole Grain Biscuit pork sausage Pineapples Milk	Whole Grain Cereal Strawberries Milk
Lunch	Whole Grain Chicken Fries Strawberries Tater Tots Milk	Macaroni and Cheese Whole Grain Pineapples Broccoli Milk	Whole Grain Bread Meatloaf Peaches Mashed Potatoes Milk	Whole Grain Breadstick Ravioli Apples Peas Milk	Whole Grain Bun Grilled Chicken Blueberries Brussell Sprouts Milk
Snack	Mandarin Oranges (I,T,P) Goldfish (I,T,P)	Blueberries (I,T,P) Veggie Straws (I,T,P)	Bananas (I,T,P) Sun Chips (T,P) Graham Crackers (I)	Mandarin Oranges (I,T,P) Pirates Booty (I,T,P)	Bananas (I,T,P) Cheez-its (I,T,P)









at the University of Kentucky

MONTH/DATES November 3-7 WEEK # 3

	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Breakfast	Whole Grain Granola Yogurt Mixed Berry Milk	Whole Grain Biscuit Chicken Bananas Milk	Whole Grain banana bread Peaches Milk	Whole grain Pancakes Turkey Sausage Cantaloupe Milk	Whole Grain Muffins Peaches Milk
Lunch	Whole Grain Popcorn Chicken Strawberries Carrots Milk	Whole Grain Bun Sloppy Joe Pineapples Broccoli Milk	Whole grain Chicken and Dumplins Apples California Blend Milk	Whole grain Bosco Sticks Bananas Green Beans/Marinara Milk	Whole Grain bun Hamburger Patty Blueberries Fries Milk
Snack	Club Crackers (I,T,P) Cottage Cheese (I,T,P)	Ritz Crackers (I,T,P) Cheese Cubes (I,T,P)	(I.T, P)Veggie Straws (I,T,P) (I, T, P) Mandarin Oranges	Goldfish (I, T, P) (T, P)Pineapples Applesauce (I)	Fig Newtons (I, T, P) Strawberries (I, T, P)



at the University of Kentucky

MONTH/DAY November 10-14 WEEK #4

	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Breakfast	Whole Grain Cereal Apples Milk	Whole Grain Bagel Bacon Pineapples Milk	Whole Gain Oatmeal Bananas Milk	Whole Grain Toast Chicken Sausage Patty Cantaloupe Milk	Whole Grain Biscuit Chicken Patty Honeydew Milk
Lunch	Whole Grain Fish Bananas Vegetarian Baked Beans Milk	Whole Grain Roll Chicken Casserole Peas Strawberries Milk	Whole Grain Cheese Pizza Cauliflower Milk Blueberries	Whole Grain Roll Lasagna with beef Apples Broccoli Milk	Whole Grain Chicken Fries Pineapple Mashed Potatoes Milk
Snack	Pears (I,T,P) Nutrigrain Bars (I,T,P)	Peaches(I,T,P) Pretzels (T,P) Club Crackers (i)	Mandarin Oranges(I,T,P) Veggie Straws (I,T,P)	Pears(I,T,P) Goldfish (I,T,P)	Blackberry(I,T,P) (I,T,P)