



Monthly Menu for October 2023

Menu for Week 1			
Day of the Week	Breakfast	Lunch	Snack
Monday 10/02/23	Corn flakes, Apples, Milk	Turkey Burgers w/ Cheese on Whole Wheat Bun, Carrot Fries, Tropical Fruit Salad, Milk	Pumpkin Cream cheese Muffins, Milk
Tuesday 10/03/23	Oatmeal w/ Cinnamon, Raisins, Milk	Cheese Quesadilla on Whole Wheat Tortilla, Mixed Vegetables, Pears, Salsa, Milk	Apples, Milk
Wednesday 10/04/23	Chex Cereal, Pears, Milk	Tuna Casserole (Rotini Wheat Pasta, Tuna, Peas, Cream of Mushroom soup), Carrots, Oranges, Milk	Sun-butter & Crackers
Thursday 10/05/23	Pumpkin Waffles w/ Whipped Cream, Apple Sauce, Milk	Baked BBQ Chicken, Mashed Potatoes, Green Beans, Wheat Bread, Milk	Oranges, Milk
Friday 10/06/23	Life Cereal, Oranges, Milk	Cheese Pizza on Cauliflower Crust, Corn, Tropical Fruit Salad, Milk	Yogurt & Pears

Menu for Week 2			
Day of the Week	Breakfast	Lunch	Snack
Monday 10/09/23	Cheerios, Cantaloupe, Milk	Beef Chili w/ Beans, Sweet Corn Bread, Tropical Fruit Salad, Milk	Sun-butter & Apples
Tuesday 10/10/23	French Toast w/ Powder Sugar, Blueberries, Milk	Cheese Ravioli, Mixed Vegetables, Pears, Milk	Bananas, Milk
Wednesday 10/11/23	Raisin Bran Cereal, Tropical Fruit Salad, Milk	Cod Fish w/ Lemon Garlic Sauce, Brown Rice, Roasted Carrots, Oranges, Milk	Cheese & Crackers
Thursday 10/12/23	Pumpkin Spice Oatmeal, Bananas, Milk	Turkey Breast, Whole Wheat Bread, Mashed Potatoes, Green Beans, Milk	Cantaloupe, Milk

Friday 10/13/23	Chex Cereal, Pears, Milk	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Apples, Milk	Whole Wheat Cranberry Muffins, Milk
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Menu for Week 3

Day of the Week	Breakfast	Lunch	Snack
Monday 10/16/23	Life Cereal, Pears, Milk	Chicken Parmesan w/Whole Wheat Penne Pasta, Garden Salad, Honeydew, Milk	Sun-butter & Crackers
Tuesday 10/17/23	Bagels w/ Pumpkin Cream Cheese, Apple Sauce, Milk	Beef Burgers w/ Cheese on Whole Wheat Bun, Sweet Potato Fries, Oranges, Milk	Cantaloupe, Milk
Wednesday 10/18/23	Corn Flakes, Oranges, Milk	Baked Haddock, Brown Rice, Roasted Broccoli, Cantaloupe, Milk	Carrot Cake Muffins, Milk
Thursday 10/19/23	Pancakes w/ Syrup, Fruit Salad, Milk	Turkey Meatloaf, Carrots, Mashed Potatoes, Wheat Bread, Milk	Honeydew, Milk
Friday 10/20/23	Raisin Bran Cereal, Bananas, Milk	Cheese Ravioli, Mixed Vegetables, Fruit Salad, Milk	Yogurt Parfait w/ Granola & Blueberries

Menu for Week 4

Day of the Week	Breakfast	Lunch	Snack
Monday 10/23/23	Cheerios, Cantaloupe, Milk	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Fruit Salad, Milk	Sun-butter & Apples
Tuesday 10/24/23	Whole Wheat Cranberry Muffins, Apple Sauce, Milk	Beef Tacos w/ Soft & Hard Shells, Roasted Corn, Lettuce, Cheese, Salsa, Apples, Milk	Pears, Milk
Wednesday 10/25/23	Chex Cereal, Pears, Milk	Baked Chicken, Mushroom Soup, Brown Rice, Roasted Broccoli, Oranges, Milk	Yogurt & Cantaloupe
Thursday 10/26/23	Oatmeal, Raisins, Milk	Baked Flounder w/ Lemon Garlic Sauce, Wheat Bread, Green Beans, Pears, Milk	Apples, Milk
Friday 10/27/23	Life Cereal, Oranges, Milk	Baked Ziti w/ Whole Wheat Pasta, Mixed Vegetables, Fruit Salad, Milk	Pumpkin Cream Cheese Muffins, Milk

Additional Information

Infant Class Substitution: Apples and Oranges will be replaced with seasonal melon or applesauce. Lettuce will be replaced with mixed vegetables. The infant class will be offered whole grain items for their afternoon snack.

Bread [Enriched or Whole-Grain]: ½ slice Cereal/Pasta [Cooked, Enriched or Whole-Grain] 2 oz.

Organic Milk-Fluid: 12-24 mos.: 4 oz. Whole Milk 24-36 mos. :4 oz. 1% Low-Fat Milk 3-5yr olds: 1% Low Fat

