

OCTOBER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY LUNCH FROM HOME
9/30-10/4	* Turkey Cabbage Soup over Rice, Carrots. Celery, Cucumber w/Ranch, Orange, Milk	* Beef Stroganoff, Green Salad, Orange Milk	*Chicken Pot Pie, Green Beans, Pineapple, Milk	*Ham/Cheese Wrap, Coleslaw, Watermelon, Milk	
10/7-10/11	* Tomato/Mac Soup, Cheese Cubes, Carrots. Celery, Cucumber w/Ranch, Orange, Milk	* Scrambled Eggs w/Ham, Tater Tots Orange Milk	*Beefy Noodles, Green Beans, Pineapple, Milk	* Turkey Enchilada, Coleslaw, Watermelon, Milk	
10/14-10/18	*Chicken Noodle Soup, Carrots. Celery, Cucumber w/Ranch, Apple, Milk	*Hamburger, Beans, and Tomato Sauce over Rice, Green Salad, Orange Milk	Macaroni & Cheese, Green Beans, Pineapple, Milk	*Breakfast Casserole, Coleslaw, Watermelon, Milk	
10/21-10/25	* Zuppa Toscana Soup Carrots. Celery, Cucumber w/Ranch, Apple, Milk	* Chicken/Cheese Slider, Green Salad, Orange Milk	*Egg/Ham Fried Rice, Coleslaw, Pineapple, Milk	*Baked Penne, Green Beans, Peaches, Milk	
10/28-11/1	* Milk Noodles, Cheese Cubes, Carrots. Celery, Cucumber w/Ranch, Apple, Milk	* Black Bean/Cheese Burrito, Kernel Corn, Pineapple, Milk	Fish Sticks, Rice, Coleslaw, Orange Milk	*Chicken Alfredo, Peas and Carrots, Peaches, Milk	
AM SNACK 8:30-10:30	Banana Graham Crackers	Apple, Wheat Thins	Orange Tortilla Chips w/Salsa	Tangerine Rice Cakes	Yogurt Fruit Smoothies
PM SNACK 2-3:15pm	Orange Triscuits	Blueberries, Bagel w/Cream Cheese	Applesauce Sesame Thins	Strawberry Yogurt, Animal Crackers	Celery, Carrots, Cucumbers, Hummus, Pita Bread

*Home-made. Based on availability, whole grains or partial whole grains are used for pasta and other dishes. Whole milk served for children 1-2 years old; two years and older served unflavored 1% milk or fat free. **Lunch and snack substitutions are made for young toddlers.** Menu follows USDA standards. **Water served with all snacks.** Menu based on availability of ingredients and subject to change. Most lunch recipes can be found at <https://www.facebook.com/groups/752510054934732> *This institute is an equal opportunity provider.*