



October
Food Menu
Weeks 1 & 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: 1% Low Fat Milk Homemade Pancakes Sliced Apples	Breakfast: 1% Low Fat Milk Homemade Egg & Cheese Muffin WG Bread & Cream Cheese Sliced Pears	Breakfast: 1% Low Fat Milk Cheerios Cereal Sliced Bananas	Breakfast: 1% Low Fat Milk Homemade French Toast w/Rye Bread Sliced Strawberries	Breakfast: 1% Low Fat Milk Homemade Banana Muffin Yogurt Sliced Oranges
Lunch: Homemade Vegetable Soup Sliced WG Bread Baked Chicken Nuggets Sliced Tomatoes & Cucumbers	Lunch: Homemade Chicken & Rice Soup Cheese Panini w/Rye bread Sliced Cucumbers & Tomatoes	Lunch: Homemade Meatball Soup Sliced Rye Bread Homemade Corn Muffin Sliced Cucumbers & Tomatoes	Lunch: Homemade Pastina Soup Sliced WG Bread Homemade Pizza Sliced Cucumbers & Tomatoes	Lunch: Homemade Chicken & Barley Soup Cheese Panini w/Rye Bread Sliced Cucumbers & Tomatoes
Snack: Homemade Mac & Cheese Sliced Cucumbers Sliced Watermelon	Snack: Homemade Rice & Lentils in Red Sauce Sliced Cucumbers Mixed Fruit Salad	Snack: Homemade Plain Penne w/Ground Beef Sliced Tomatoes Sliced Cantaloupe	Snack: Homemade Chicken Poppers Homemade Mashed Potatoes Sliced Cucumbers Sliced Watermelon	Snack: Homemade Stuffed Shells Sliced Cucumbers Sliced Strawberries

Weeks 3 & 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: 1% Low Fat Milk Waffles Sliced Cantaloupe	Breakfast: 1% Low Fat Milk Cheerios Cereal Sliced Apples	Breakfast: 1% Low Fat Milk Homemade Crepes w/Jam Sliced Strawberries	Breakfast: 1% Low Fat Milk Homemade Scrambled Eggs Rye Toast w/Cream Cheese Sliced Bananas	Breakfast: 1% Low Fat Milk Homemade Pancakes Mixed Fruit Salad
Lunch: Homemade Split Pea & Barley Soup Slice Rye Bread Baked Chicken Nuggets Sliced Tomatoes & Cucumbers	Lunch: Homemade Chicken Noodle Soup Cheese Panini w/Rye Bread Sliced Cucumbers & Tomatoes	Lunch: Homemade Rasolnik Soup Sliced WG Bread Homemade Mini Cheeseburger Muffins Sliced Cucumbers	Lunch: Homemade Chicken & Rice Soup Sliced WG Bread Homemade Corn Muffin Sliced Cucumbers & Tomatoes	Lunch: Homemade Tortellini Soup Sliced WG Bread Baked Fish Sticks Sliced Cucumbers & Tomatoes
Snack: Homemade Baked Ziti Sliced Cucumbers Sliced Honey Dew	Snack: Homemade Hamburger Sliders Sliced Tomatoes Sliced Pears	Snack: Homemade Shredded Chicken w/Rice & Mixed Vegetables Sliced Cucumbers Sliced Apples	Snack: Homemade Mac & Cheese Sliced Cucumbers Sliced Strawberries	Snack: Homemade Cheese Panini w/Rye Bread Sliced Tomatoes Sliced Apples

WATER IS SERVED TO CHILDREN THROUGHOUT THE DAY