

OCTOBER 2019 LUNCH MENU 1130-0001

1-5 YR. OLDS

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Grilled Cheese Sandwich (WGR) Tomato Soup Peas Mixed Fruit	Chicken Nuggets (CNL) Bread & Butter (WGR) Carrots *Cooked Carrots Pears	Baked Chicken Dinner Roll (WGR) Yams Oranges *Peaches	Homemade Cheese Pizza Green Salad * Peas Fruit Salad
7	8	9	10	11
Hot Ham Bread & Butter (WGR) Green Beans Peaches	Chicken Tacos Rice Peas Pineapple *Mixed Fruit	Hamburger on a Roll (WGR) Corn *Yams Mandarin Oranges	Homemade Macaroni and Cheese Bread & Butter (WGR) Green Salad *Broccoli Pears	Fish Shapes (CNL) Bread & Butter (WGR) Carrots *Cooked Carrots Applesauce
14	15	16	17	18
Goulash Whole Wheat Bun (WGR) Green Beans Peaches	Chicken Nuggets *CNL Bread & Butter (WGR) Broccoli Mixed Fruit	Hot Turkey w/ Gravy Mashed Potatoes Dinner Roll (WGR) Squash Pears	Hamburger on a Roll (WGR) Peas Banana	Homemade Cheese Pizza Carrots *Cooked Carrots Grapes *(cut)
21	22	23	24	25
Hot Ham Bread & Butter (WGR) Corn *Green Beans Peaches	Chicken Patty (CNL) on a roll (WGR) Yams Cantaloupe	Meat Loaf Bread & Butter (WGR) Cooked Carrots Bananas	Sunbutter & Jelly Sandwich (WGR) Mozzarella Cheese Stick Green Bean, Apples *Applesauce	Homemade Cheese Pizza Peas Fruit Salad
28	29	30	31	
Spaghetti w/ Meatballs Whole Wheat Roll (WGR) Green Salad *Green Beans Pears	Sunbutter & Jelly Sandwich (WGR) Cheese sticks Broccoli Pears	Chicken Nuggets (CNL) Bread & Butter (WGR) Yams Bananas	Baked Ham Dinner Roll (WGR) Peas Applesauce	

*INFANTS AGES 1-2

WHOLE GRAIN RICH BREAD PRODUCTS ARE SERVED
SKIM MILK (2-5yrs), WHOLE MILK (1-2) IS SERVED WITH LUNCH

*CNL= Child Nutrition Label