

# OCTOBER 2022 LUNCH MENU 1130-0001

1-5 YR. OLDS

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hamburger on a bun (WGR) Broccoli Mixed Fruit	4 Chicken w/ Alfredo Brown Rice (WGR) Cooked Carrots Mandarin Oranges	5 Fish Shapes Dinner Roll (WGR) Broccoli Fruit Cocktail	6 Grilled Cheese Sandwich (WGR) Zucchini Pears	7 Sunbutter & Jelly Sandwich (WGR) Pineapple Carrots * Cooked Carrots
10 Meat Loaf Bread & Butter (WGR) Green Beans Mixed Fruit	11 Sweet & Sour Meatballs Brown Rice (WGR) Green Salad *Peas Applesauce	12 Hot Turkey Bread & Butter (WGR) Mashed Potatoes Pears	13 Goulash Corn Mandarin Oranges *Peaches	14 Tortilla Pizza w/ Cheese Pears Green Salad *Peas
17 Diced Chicken Brown Rice (WGR) Applesauce Corn	18 Spaghetti w/ Meatballs Bread & Butter (WGR) Broccoli Mixed Fruit	19 Hot Turkey Dinner Roll (WGR) Cauliflower Stuffing Applesauce	20 Hamburger on a Bun (WGR) Peas Pears	21 Fish Shapes Bread & Butter (WGR) Carrots Peaches
24 Chicken Nuggets Buttered Noodles Corn Apples *Applesauce	25 Sunbutter Sandwich (WGR bread) Carrots Peaches	26 Cheese Pizza (WGR crust) Green Salad Pears	27 Chicken Stir Fry w/ Veggies Brown Rice (WGR) Mandarin Oranges *Banana	28 Black Bean Taco (WGR) w/ Cheese Corn Mixed Fruit
31 Sunbutter & Jelly Sandwich (WGR) Green Beans Peaches				

\*INFANTS AGES 1-2

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