



# October Menu



*Child and Family Centers of Excellence*

**Lunch 2021/2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Pork Zucchini WG Slammer Roll Fruit Milk 1% <i>Sept 27</i>	Chicken Tenders w/Sauce WG Dinner Roll Green Beans Fruit Milk 1% <i>Sept 28</i>	Sloppy Joes WG Slammer Bun Steamed Carrots Fruit Milk 1% <i>Sept 29</i>	Chicken Thigh in Gravy Enriched Long Grain and Wild Rice w/Carrots Mandarin Orange-Spinach Salad Fruit Milk 1% <i>Sept 30</i>	Fish Fillet Tartar Sauce Homemade Vegetable Pasta/Rice Soup Oyster Crackers Fruit Milk 1% <b>1</b>
BBQ Chicken Breast Riviera Blend Vegetables WG Dinner Roll Fruit Milk 1% <b>4</b>	Roast Beef in Gravy Over Enriched Pasta or Brown Rice Beets Fruit Milk 1% <b>5</b>	Sliced Turkey Sliced Cheese, Lettuce, Tomato, Mayo Mini WG Soft Bun Fruit Milk 1% <b>6</b>	Chicken Parmesan w/WG Penne Pasta In Marinara Sauce Parmesan Cheese Garden Salad w/Dressing Fruit Milk 1% <b>7</b>	Mini WG Turkey Corn Dogs w/Ketchup Corn Assorted Fruit Salad Milk 1% <b>8</b>
Popcorn/Dowdittie Chicken w/Sauce HM Soup w/ WG Pasta/Rice/Barley Vegetables Fruit Milk 1% <b>11</b>	WG Cheese Lasagna Roll Up Parmesan Cheese Garden Salad w/Dressing Fruit Milk 1% <b>12</b>	Nachos w/Seasoned Beef, Shredded Lettuce, Tomato, Shredded Cheese, Salsa Corn Tostito Chips Fruit Milk 1% <b>13</b>	Turkey in Gravy Mashed Sweet Potatoes WG Dinner Roll Or Corn Muffin Fruit Milk 1% <b>14</b>	Ham Potato Broccoli Cheese Casserole WG Dinner Roll Fresh Fruit Salad Assorted Milk 1% <b>15</b>
Chicken Alfredo w/Chopped Broccoli WG Rotini Pasta Parmesan Cheese Fruit Milk 1% <b>18</b>	Hot Roast Beef in Gravy WG Dinner Roll Peas and Carrots Fruit Milk 1% <b>19</b>	WG Cheese Ravioli in Marinara w/Mozzarella Winter Blend Vegetables Fruit Milk 1% <b>20</b>	Baked Cod w/Seasoning Malibu Vegetables WG Dinner Roll Fruit Milk 1% <b>21</b>	Sliced Ham and Cheese WW Bread Cauliflower w/Cheese Mayo/Mustard Fruit Salad Milk 1% <b>22</b>
WG Boneless Chicken w/Sauce Corn WG Dinner Roll Fruit Milk 1% <b>25</b>	Spaghetti w/Meatballs Parmesan Cheese Romaine Salad w/Dressing Fruit Milk 1% <b>26</b>	Chicken and Enriched Long Grain and Wild Rice Casserole Peas Fruit Milk 1% <b>27</b>	Pork Roast Baked Sweet Potatoes Enriched WG Bread Fruit Milk 1% <b>28</b>	Enriched WG Macaroni And Cheese Chicken Nuggets or Drummies Green Beans Fruit Milk 1% <b>29</b>



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**Breakfast/Snacks 2021/2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Breakfast Bread Fruit Milk 1%	WG Cereal Fruit Milk 1%	WG Enriched Toast Egg Patty Fruit & Milk 1%	WW Mini Bagel Warm Canadian Bacon Fruit & Milk 1%	MG English Muffin w/Jelly or Jam Fruit & Milk 1%
Fruit Cottage Cheese Water <i>Sept 27</i>	WG Muffin Fruit Water <i>Sept 28</i>	Raw Vegetables w/Ranch WG Crackers Water <i>Sept 29</i>	WG Cereal Snack Mix Fruit Water <i>Sept 30</i>	Fruit WG Crackers Water
WG Waffles w/Syrup Fruit Milk 1%	WG Cereal Fruit Milk 1%	WG Bun Chicken Sausage Patty Fruit & Milk 1%	Scrambled Eggs w/Salsa MG Tortilla Fruit & Milk 1%	WG French Toast Cinnamon Sugar Fruit & Milk 1%
Mini Bagels w/ Cream Cheese Fruit Water	WG Crackers w/Soy Butter Fruit Water	Fruit WG Snack Mix Water	WG Assorted Muffin Fruit Milk 1%	Fruit WG Graham Crackers Milk 1%
WG Waffles w/Syrup Fruit Milk 1%	WG Cereal Fruit Milk 1%	WW Toast w/Spread Hard Boiled Eggs Fruit & Milk 1%	WG Sliced Roll Chicken Sausage Patties Fresh Fruit & Milk 1%	WG Bagel w/Cream Cheese Fruit Milk 1%
Yogurt w/Berries WG Cereal as Topping Water	Vegetables w/Dip Pretzels Water	String Cheese Fruit Milk 1%	Apple, Pineapple, Craisin Salad WG Crackers Water	WG Rice Cakes B-T-2s Graham Fruit & Water
WG French Toast w/Syrup Fruit & Milk 1%	WG Bagel w/Cream Cheese Fruit Milk 1%	WG Mini Turkey Sausage Pancakes Fruit & Milk 1%	WG Cereal Fruit Milk 1%	WG Roll Canadian Bacon Fruit & Milk 1%
WG English Muffin Soy Butter or Jelly Raisins B-T-2s Applesauce & Water	WG Crackers Raw Vegetables w/Ranch Water	WG Crackers Cheese Spread Fruit & Water	WG Graham Style Crackers Fruit Water	WG Graham Crackers Fruit Milk 1%
WG Pancakes w/Syrup Fruit & Milk 1%	WG Cereal Fruit Milk 1%	WG Mini Croissant Egg Patty Fruit & Milk 1%	Omelet WW Toast w/Spread Fruit & Milk 1%	WG Waffles w/Syrup Fruit Milk 1%
WG Crackers Soy Butter Fruit Water	WG Muffin Fruit Milk 1%	WG Crackers w/Cheese Spread Fruit Water	WG Graham Crackers Fruit Water	Fruit Yogurt Water

*Late snack will be 2 components consisting of either fruit, whole grain, cheese, protein, etc. Choices will vary depending upon availability.*