



October Menu - 2024

Child & Family Centers of Excellence • National Centers for Learning Excellence



**Lunch Menu
2024 -2025**

Monday	Tuesday	Wednesday	Thursday	Friday
30 Tempura Chicken w/Sweet Sour Sauce Enriched Brown Rice or Rice Pilaf Peas Fruit & 1% Milk	1 Meatballs in Gravy Mashed Potatoes Pickle Spears WG Roll Fruit & 1% Milk	2 Breaded Pork Cutlet Sweet Potatoes Rye Bread Corn Fruit & 1% Milk	3 Chicken Parmesan WG Pasta in Marinara Sauce Parmesan Cheese Garden Salad w/ Dressing Fruit & 1% Milk	4 Breaded Chicken Strips, Shredded Lettuce, Sliced Tomatoes, Shredded Cheese & Mayo, WG Pita Pockets Assorted Fruit & 1% Milk
7 BBQ Chicken Breast Riveria Vegetables WW Dinner Roll Fruit & 1% Milk	8 Nachos w/Seasoned Beef, Shredded Cheese, Shredded Lettuce, Diced Tomatoes & Salsa MG Tortilla Shell Fruit & 1% Milk	9 Unbreaded Chicken Strips w/Sauce WG Macaroni and Cheese Raw Vegetables w/Ranch Fruit & 1% Milk	10 WG Spaghetti w/Meatballs Garden Salad w/Dressing Parmesan Cheese Fruit & 1% Milk	11 Mini WG Turkey Corn Dogs Ketchup Peas and Carrots Assorted Fruit Salad & 1% Milk
14 Chicken in Alfredo WG Pasta Casserole Parmesan Cheese Green Beans Fruit & 1% Milk	15 Hot Roast Beef in Gravy WG Dinner Roll Corn Fruit & 1% Milk	16 WG Cheese Ravioli in Marinara w/Mozzarella Winter Blend Vegetables Fruit & 1% Milk	17 Baked or Breaded Cod Tarter Sauce Malibu Vegetables WG Dinner Roll Fruit & 1% Milk	18 Sliced Hot or Cold Ham Sliced Cheese WW Bread or Roll Mayo or Mustard Cauliflower w/Cheese Fruit Salad & 1% Milk
21 WG Boneless Chicken (Wing/Dowa/Popcorn) Sauce WG Dinner Roll Broccoli w/Cheese Fruit & 1% Milk	22 White Meat Turkey in Gravy Mashed Potatoes Corn WG Dinner Roll Fruit & 1% Milk	23 Chicken and Enriched Long Grain and Wild Rice Casserole Peas Fruit & 1% Milk	24 Warm Ham Slices Sweet Potatoes Pieces w/Ketchup Enriched Rye Bread Fruit & 1% Milk	25 SPECIAL MENU DAY FRUIT & 1% Milk
28 Riblet w/BBQ Sauce Baked Beans WG Dinner Roll Fruit & 1% Milk	29 MG Tortilla w/Chicken Strips unbreaded, Cheese Slices, Cucumber and Tomato Slices Mayo Fruit & 1% Milk	30 Meatball Marinara Sub on WG Mini Bun Mozzarella Cheese California Vegetables Fruit & 1% Milk	31 Chicken Breast Corn w/Lima Beans WG Dinner Roll Fruit & 1% Milk	1 Fish wedge/fillet Tartar Sauce Soup: Homemade Chicken Vegetabl noodle, or Beef Vegetable noodle, or Vegetable Vegetarian Oyster crackers Fresh cut Fruit Salad & 1% Milk



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**Breakfast and Snack
Menu 2024 -2025**

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>WG Waffles w/Syrup Fruit & 1% Milk Pretzels Soy Butter Fruit & Water</p>	<p>1</p> <p>WG Bun Chicken Sausage Patty Fruit & 1% Milk WG Mini Bagels w/ Cream Cheese Fruit & Water</p>	<p>2</p> <p>WG Raisin Bread Toast w/ Spread Cottage Cheese Fruit & 1% Milk Raw Vegetables w/Dip WG Crackers &1% Milk</p>	<p>3</p> <p>Scrambled Eggs w/Salsa Multigrain Tortilla Fruit & 1% Milk WG Assorted Muffin Fruit & 1% Milk</p>	<p>4</p> <p>WG Cereal Fruit & 1% Milk WG Graham Crackers Fruit & Water</p>
<p>7</p> <p>WG Pancakes w/Syrup Fruit & 1% Milk Yogurt & Berries WG Cereal as Topping Water</p>	<p>8</p> <p>WW Croissant Eggs Bite Fruit & 1% Milk String Cheese Fruit & 1% Milk</p>	<p>9</p> <p>WG Cereal Fruit & 1% Milk Apple, Pineapple, Craisin Salad WG Crackers 1% Milk</p>	<p>10</p> <p>WG Sliced Roll Chicken sausage Patties Fruit & 1% Milk Ceral Snack Mix Cheese Fruit & 1% Milk</p>	<p>11</p> <p>WG Bagel w/Cream Cheese Fruit & 1% Milk WG Rice Cakes B-T-2s Graham Fruit & Water</p>
<p>14</p> <p>WGFrench Toast w Spread Cinnamon Sugar Fruit &1% Milk WW English Muffin Soy Butter or Jelly- Raisins B-T-2 Applesauce & 1% Milk</p>	<p>15</p> <p>WG Pancakes w/Syrup Turkey Links Fruit & 1% Milk WG Crackers Raw Vegetables w/Ranch 1% Milk</p>	<p>16</p> <p>WG Cereal Fruit & 1% Milk WG Cracker Spread Cheese Fruit & 1% Milk</p>	<p>17</p> <p>WG Roll /Bagel Warm Canadian Bacon Fruit & 1% Milk WG Assorted Muffin Fruit & 1% Milk</p>	<p>18</p> <p>WG Waffles w/Syrup Fruit & 1% Milk WG Graham Crackers Fruit & Water</p>
<p>21</p> <p>WG Pancakes w/Syrup Fruit & 1% Milk WG Crackers - Soy Butter Fruit & 1% Milk</p>	<p>22</p> <p>Omelet WW Toast w/Spread Fruit & 1% Milk WG Muffin Fuit & 1% Milk</p>	<p>23</p> <p>WG Cereal Fruit & 1% Milk Yogurt - Crackers / Topping Fruit & Water</p>	<p>24</p> <p>WG Mini Croissant /Bun Egg Patty Fruit & 1% Milk WG Cracker w/Cheese Spread Fruit & 1% Milk</p>	<p>25</p> <p>WG English Muffin w/Jam Fruit & 1% Milk WG Graham Crackers Fruit & 1% Milk</p>
<p>28</p> <p>WG Pancakes w/ Syrup Fruit &1% Milk Fruit Cheese spread WG Crackers &1% Milk</p>	<p>29</p> <p>WG Toast Egg Patty Oranges &1% Milk Yogurt – Fruit WG Graham crumbs (topping) 1% Milk</p>	<p>30</p> <p>WG Cereal w/ Fruit 1% Milk WG Crackers Raw Vegetables w/ Ranch 1% Milk</p>	<p>31</p> <p>Whole wheat roll Chicken sausage patty Fruit & 1% Milk WG Cereal Mix Cheerios-crispix-chex-kix Fruit &1% Milk</p>	<p>1</p> <p>WG Breakfast bread Fruit &1% Milk WG Crackers Fruit and 1% Milk</p>