**MILK IS SERVED WITH LUNCH**

**OCTOBER** 2024 Menu

**(Whole milk for children under 2 years; 1% milk for children over 2 years)**

**Water is offered throughout the day and at meals**

**Fresh Fruit Options: Apples, Bananas, Oranges, Pears, Berries, Melon**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | **1****B Oatmeal, Fruit, Milk****L Grilled Cheese Sand.,** **Tomato Soup, Fruit****S Ritz Crackers, Cheese,** **Water** | **2****B Toasty O’s, Fruit, Milk****L Meatloaf, Mashed**  **Potatoes, Corn, Fruit,** **Bread** **S Cottage Cheese,** **Pears, Water**  | **3****B Rice Chex, Fruit, Milk****L English Muffin Cheese** **& Sausage Pizza, Peas,** **Fruit****S Cucumbers w/Ranch,** **Crackers, Water**  | **4****B WG Bagel, Fruit, Milk****L Sweet & Sour Chicken,** **Green Beans, WG Rice,** **Fruit****S Goldfish Crackers,**  **Bananas, Water** |
| **7****B Corn Flakes, Fruit, Milk****L Salami & Cheese** **Sand., Green Beans,** **Fruit** **S String Cheese, Apples,**  **Water** | **8****B Toast, Fruit, Milk****L BBQ Meatballs,** **Corn, Fruit, Bread****S Graham Crackers,**  **Oranges, Water**  | **9** **B WG Waffle, Fruit, Milk****L Fish Sticks, Broccoli,**  **Bread, Fruit**  **S Trail Mix w/Raisins,**  **Water**  | **10****B Yogurt, Granola,** **Fruit, Water** **L Spaghetti &Meatballs,** **Peas, Fruit, Bread****S Celery w/Soy Butter,** **Raisins, Crackers,**  **Water** | **11** **B English Muffins,** **Fruit, Milk****L Chicken Patty, Carrots,** **WG Rice, Fruit****S Pita Chips, Hummus,** **Water** |
| **14****B Toasty O’s, Fruit, Milk****L Hamburger w/Bun,** **Peas, Fruit****S Club Crackers, Cheese,**  **Bananas, Water** | **15****B WG Pancakes, Fruit,**  **Milk** **L Mini Corn Dogs,** **Green Beans, Fruit****S Carrots w/Ranch,**  **Crackers, Water** | **16****B Oatmeal, Fruit, Milk****L Turkey & Cheese** **Sand., Broccoli, Fruit****S Cottage Cheese,**  **Peaches, Water**  | **17****B WG French Toast**  **Sticks, Fruit, Milk** **L Taco, Black Beans,** **Corn, Fruit** **S Wheat Thins, Apples,** **Water**  | **18****B Corn Flakes, Fruit, Milk****L Salisbury Steak,**  **Carrots, Fruit, Bread** **S Red Pepper Strips** **w/Ranch or Hummus,**  **Water** |
| **21****B Rice Chex, Fruit, Milk****L Chicken Nuggets,** **Broccoli, WG Pasta,**  **Fruit****S Wheat Thins, Oranges,** **Water** | **22****B WG Waffle, Fruit, Milk****L Sloppy Joe w/Bun,** **Green Beans, Fruit****S Yogurt & Fruit Parfait,** **Water** | **23****B Cheese Toast, Fruit,** **Milk****L Swedish Meatballs,**  **Corn, Fruit, Bread****S Graham Crackers,** **Bananas, Milk** | **24****B Toasty O’s, Fruit, Milk****L Soy Butter & Jelly** **Sandwich, Carrots,** **Fruit****S Cucumbers w/Ranch,** **Crackers, Water**  | **25****B Bagel, Fruit, Milk****L Chicken & Cheese** **Quesadilla, Refried** **Beans, Fruit****S Cheez-its, Peaches,**  **Water**  |
| **28****B WG Pancakes, Fruit,**  **Milk****L Lasagna, Corn, Fruit,** **Bread****S Trail Mix w/Raisins,**  **Water** | **29** **B Corn Flakes, Fruit,** **Milk****L Grilled Cheese Sand.,** **Green Beans, Fruit****S Pita Chips, Hummus,** **Water** | **30****B WG French Toast** **Sticks, Fruit, Milk****L Sausage, Egg & Cheese** **Scramble, Carrots,** **Fruit, English Muffin****S Oyster Crackers,**  **Berries, Water** | **31****B Oatmeal, Fruit, Milk****L Cheeseburger w/Bun,**  **Broccoli, Fruit****S Animal Crackers,** **Fruit, Water** |  |