

October 2021 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 mac & cheese w/ turkey dogs (1/2c pasta 1.5 oz chopped turkey dogs) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)
4 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) cucumbers(1/4c) 1% milk (3/4c)	5 beef & bean chili (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) green beans (1/4 c) 1% milk (3/4 c)	6 taco salad (1oz grd beef, ½ oz cheese, ¼ cup lettuce 7 cabbage) oranges (1/4c) slice of wheat bread 1% milk (3/4c)	7 Salisbury steak & gravy (1.5oz) Hapa rice (1/2 c) corn (1/4 c) applesauce(1/4c) 1% milk (3/4c)	8 - sloppy joes (1/2 c meat sauce & bun) peaches(1/4 c) broccoli (1/4 c) 1% milk (3/4 c)
11 Holiday No School	12 grilled cheese sandwiches wg bread applesauce (1/4c) cucumbers(1/4c) 1% milk (3/4c)	13 hamburger & veggie stew (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	14 -hamburger cream of mush (1/2 c) Hapa rice (1/2 c) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)	15 chicken sandwich (1.5oz) Pears (1/4c) Green beans (1/4c) 1% milk (3/4c)
18 PB&J Sandwiches (2 sl wg bread & 1.5o pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C)	19 beef stroganoff (1/2c meat sauce 1/2c pasta) pears (1/4c) corn (1/4c) 1% milk (3/4c)	20 fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) green beans (1/4 c) 1% milk (3/ 4 c)	21 mac & cheese w/ turkey dogs (1/2c pasta 1.5 oz chopped turkey dogs) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)	22 Hamburger (1.5oz) on bun Peaches (1/4c) Green beans (1/4c) 1% milk (3/4c)
25 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) cucumbers (1/4c) 1% milk (3/4c)	26 pork & beans (1/2c) Hapa rice (1/2 c) pears (1/4c) Green beans (1/4c) 1% milk (3/4c)	27 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4c) broccoli (1/4c) 1% milk (3/4c)	28 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) green beans (1/4 c) 1% milk (3/4 c)	29 turkey dog (1.5oz) on bun oranges (1/4c) corn (1/4c) 1% milk (3/4c)

This menu is subject to change based upon the availability of products.
Rice is hapa ½ white ½ brown
Infant Toddler substitutions made

AM snack: ½ cup oranges, ¼ cup cheerios & crackers

PM snack: ½ cup 1% milk, ¼ cup cheerios & crackers

