



October 2024 Menu



| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|--|---|--|--|--|---|--|---|
| <p>For the health and safety of our participants, please do not bring in or share any outside food or drink. Store prepared items may be approved for special occasions.</p> | | <p>1 Tuna Sandwich Tuna, ww bread, onion, celery, tomato cucumber salad, applesauce, 1% milk</p> | <p>2 Chili Ground turkey, beans, tomatoes, onions, peppers, cheese, cornbread, mixed fruit 1%</p> | <p>3 Corn Dogs WG corn dogs, potato salad, peaches, 1% milk</p> | <p>4 Veggie Lasagna Lasagna noodles, carrots, spinach, onion, tomato, cheese, WW garlic bread, pears 1% milk</p> | <p>Meal Pattern</p> <p>Minimum</p> <p>Quantities</p> | |
| <p>6</p> | <p>7 Tuna Sandwich Tuna, ww bread, onion, celery, tomato, chips, bananas 1% milk</p> | <p>8 Vegetable Soup Carrots, green beans, corn, zucchini, tomatoes, beans, onions, WG roll, applesauce, 1% milk</p> | <p>9 Chicken Tenders Chicken, potato salad, wg rolls peaches, 1% milk</p> | <p>10 French Toast WW bread, eggs, turkey sausage, tomato-vegetable juice, oranges, 1% milk</p> | <p>11 Ham and Potato Soup Ham, potatoes, celery, onion, cheese, wg rolls, mandarins, 1% milk</p> | | <p>Fluid 1% milk 8 oz.</p> <p>Meat or</p> <p>Meat Alternative</p> |
| <p>13</p> | <p>14 Turkey and Cheese WG bread, sliced turkey, cheddar cheese, garden salad, mandarins, 1% milk</p> | <p>15 Taco Salad Ground turkey, lettuce, onions, tomatoes, corn chips, cheese, sour cream, guacamole, applesauce, 1% milk</p> | <p>16 Ham & Potato Casserole Potatoes, ham, cheese, onions, wg toast, oranges, 1% milk</p> | <p>17 Beef Stew Beef, potatoes, carrots, celery, onions, wg roll, fruit cocktail, 1% milk</p> | <p>18 Cuban Pork Sweet Potato Stew Pork, sweet potatoes, carrots, onion, beans, WG rolls, mixed fruit, 1% milk</p> | | <p>2 oz. mm</p> <p>Vegetables 1/2 cup</p> |
| <p>20</p> | <p>21 Chicken Corn Chowder Chicken, corn, potatoes, celery, onions, cheese, WG rolls, peaches, 1% milk</p> | <p>22 Enchilada Casserole Chicken, cheese, ww tortilla, tomatoes, onions, beans, mandarin oranges, 1% milk</p> | <p>23 Reuben Casserole Corned beef, sauerkraut, onions, swiss cheese, ww roll, bananas, 1% milk</p> | <p>24 Honey Lime Chicken Chicken, peas and carrots, brown rice, grapes, 1% milk</p> | <p>20 Breakfast Casserole Eggs, potatoes, sausage, cheese, onions, peppers, 2 pieces WG toast, mixed fruit 1% milk</p> | | <p>Fruits 1/2 cup</p> <p>Grains</p> <p>2 ounces</p> |
| <p>27</p> | <p>28 Chicken Cordon Bleu Casserole Chicken, wg pasta, ham, swiss cheese, peas, carrots, mandarins 1% milk</p> | <p>29 Breakfast Sandwich Egg, sausage, cheese, ww English muffin, tomato juice, peaches, 1% milk</p> | <p>30 Beef Stroganoff Beef, mushrooms, onions, brown rice, pears, 1% milk</p> | <p>31 Vegetarian Chili Pinto, black, and kidney beans, tomatoes, onions, peppers, corn, cheese, cornbread, mixed fruit 1%</p> | <p>Have a Fa boolous Halloween!</p> | | <p>2 servings or</p> <p>1 cup</p> |

This institution is an equal opportunity provider