

(WG) = Whole Grain

October Lunch



Serving Sizes (Ages 1-2)	Mon	Tue	Wed	Thu	Fri	Serving Sizes (Ages 3-5)
Protein :1 Ounce / 1/4 cup** Grain: 1/2 Slice/ Serv/1/4 Cup Veg: 1/8 Cup Fruit: 1/8 Cup D				1 Wheat Crackers (WG) Apples	2 Celery w/Dressing Cheese Its	Protein :1.5 Ounce / 3/8 cup** Grain: 1/2 Slice/ Serv/1/4 Cup Veg: 1/4 Cup Fruit: 1/4 Cup
	5 Cheese Quesadillas (WG) Green Beans Mandarin Oranges	6 Cheese Pizza English Muffin Green Beans Oranges	7 Chicken Teriyaki Rice (WG) Broccoli Pineapple	8 Turkey Chili Beans Carrot Sticks Saltine Crackers Pears	9 Chicken Salad Sandwiches Salad Oranges	
	12 Veg. Baked Beans Cornbread Mixed Veggies Oranges	13 Turkey/Cheese Wraps (WG) Green Beans Apples	14 Chicken & Spanish Rice (WG) Mixed Veggies Oranges	15 Meat Sauce Spaghetti (WG) Corn Watermelon	16 Chicken Alfredo Penne Pasta (WG) Broccoli Oranges	
	19 Beans & Rice (WG) Corn Apples	20 Turkey & Cheese Wraps (WG) Green Beans Oranges	21 Turkey Chili Beans Carrot Sticks Saltine Crackers Apples	22 Spanish Chicken Rice (WG) Broccoli Fruit Cocktail	23 Cheese Quesadillas (WG) Green Beans Cantaloupe	
*Whole, unflavored milk is served to children one year of age and 1 percent, unflavored milk to all children two years of age and older.	26 Rotini (WG) Mac & Cheese Peas/Carrots Pears	27 Turkey Sloppy Joe Sandwiches Green Beans Apples	28 Cheese Ravioli Broccoli Fruit Cocktail	29 BBQ Chicken Sandwiches Corn Fruit Cocktail	30 Beans & Cheese Burritos Salad Oranges	This institution is an equal opportunity

***Lunch is served with Milk.