



OCTOBER



| October 7, 2019 | | MENU IS SUBJECT TO CHANGE | | | October 11, 2019 |
|------------------|---------------|----------------------------------|---------------------|-------------------------|--|
| 10/7/2019 | | 10/8/2019 | 10/9/2019 | 10/10/2019 | 10/11/2019 |
| MONDAY | | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | Wheat Flakes | Corn Flakes | Cranberry Muffins | Chex | Yogurt Parfait |
| | AppleSauce | Berries | Pineapple | Peaches | Pears |
| | Milk | Milk | Milk | Milk | Milk |
| | | | | | |
| LUNCH | Chicken Curry | Chicken Salad Sandwiches | Salmon Rainbow Rice | Spaghetti and Meatballs | Apple Butter and Sunflowerseed Spread Sandwiches |
| | Green Salad | Sweet Potato Fries | Mixed Vegetables | Green Beans | Cucumbers |
| | Mixed Fruit | Apples | Oranges | Strawberries | Apples |
| | Brown Rice | Milk | Milk | Milk | Milk |
| | Milk | | | | |
| | | | | | |
| SNACK | Gold Fish | Baked Pumpkin | Hard Boiled Egg | String Cheese | Cranberry Orange Muffins |
| | Apple Juice | Milk | Cucumbers | Apples | Milk |
| | | | Water | Water | |

*Whole Milk served to Children 18-23 months. 1% Milk served to Children 24 months and up. All milk and milk substitutes are unflavored.