



# OCTOBER



October 21, 2019		<b>MENU IS SUBJECT TO CHANGE</b>			October 25, 2019
10/21/2019		10/22/2019	10/23/2019	10/24/2019	10/25/2019
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Cheerios	Kix	Pumpkin Muffins	Hard Boiled Eggs	Wheat Flakes
	Strawberries	Blueberries	Oranges	Mixed Fruit	Apples
	Milk	Milk	Milk	Milk	Milk
<b>LUNCH</b>	Turkey Casserole	Chicken Fajitas	Chicken Alfredo	Beef Rainbow Rice	Tuna Melts
	Cucumbers	Pinto Beans	Broccoli	Mixed Vegetables	Sweet Potato Fries
	Apple Sauce	Oranges	Mixed Berries	Oranges	Pears
	Milk	Spanish Rice	Milk	Milk	Milk
		Milk			
<b>SNACK</b>	Cheez Its	Mixed Fruit and Yogurt Parfait	Baked Apples	Ritz Crackers	Roasted Chickpeas
	Cranberry Juice	Water	Milk	Cheese	Strawberries
				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.