October

Lunch

Day Care Centers

2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fish Sticks CN 3 ea 3 EA Veg Mixed 1/2 Cup Sauce Tartar PC'c 1 EA Bread 28 SL Whole Wheat WGR 1 sl 1 Slice Fruit Applesauce 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP Fish = chicken Tenders	**3** Beef Meatball Sub 6-1/2oz ea. 6 EA Salad Tossed 1 CUP Bread Wheat Hot Dog WGR 1 ea 1 EA Fruit Orange 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP Dairy/Egg - Burger	**4** Beef MeatLoaf Dc 1 EA Potatoes Mashed 1/2 Cup Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Pears 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP Dairy/Egg = chicken Patty	**5** Chicken Breast BBQ DC CN 1 EA Veg Beans Green (Steamed) 1/2 cup 1/2 CUP Bread Wheat Hamb Bun WGR 1ea 1 EA Fruit Tropical Fruit 1/2 c 1/2 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**6** Sand Tuna Salad sand all 2 OZ Veg Peas 1/2 Cup Bread 28 sl Wheat 2 sl WGR 2 Slice Fruit Peaches 1/2c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP Egg Fish = Turkey
9 Turkey Burger 1ea 1 EA Beans Baked Vegetarian 1/2 CUP Bread Wheat Hamb Bun WGR 1ea 1 EA Fruit Pears 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**10** Chicken Patty Breaded CN 1 ea 1 EA Veg Carrots (Steamed) 1/2 c. 1/2 CUP Bread Wheat Hamb Bun WGR 1ea 1 EA Fruit Pineapple 1/2c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**11** Entree Lasagna DC 1 Peice Salad Tossed 1 CUP Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Mixed Fruit Cocktail 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP Dairy/Egg = Burger	**12** Chicken Fingers 3 OZ Veg Corn whole kern 1/2 Cup Sauce BBQ Pc 1 EA Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Fresh Apple 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**13** Sand Turkey Sliced for DC/Sch. 2 OZ Salad Potato DC 1/2 CUP Bread 28 sl Wheat 2 sl WGR 2 Slice Fruit Applesauce 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP
16 Chicken Pulled 3 OZ Veg Broccoli 1/2 Cup Bread Wheat Hamb Bun WGR 1ea 1 EA Fruit Peaches 1/2c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**17** Fish Sticks CN 3 ea 3 EA Veg Peas 1/2 Cup Sauce Tartar PC'c 1 EA Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Mandarin Oranges 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP Fish - chicken tenders	**18** Chicken Fajita's 2 OZ Cheese Shredded for Tacos .5 OZ Veg Corn whole kern 1/2 Cup Bread WGR Wheat Tortilla 1 EA Fruit Pears 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**19** Sloppy Joe DC 2 OZ Veg Cauliflower 1/2 CUP Bread Wheat Hamb Bun WGR 1ea 1 EA Fruit Banana Petite 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**20** Sand Beef Bologna (for sandwich) 2 OZ Veg Mixed 1/2 Cup Bread 28 sl Wheat 2 sl WGR 2 Slice Fruit Orange 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP
23 Chicken Fingers 3 OZ Potatoes Mashed Sweet 1/2 CUP Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Applesauce 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**24** Beef Hamburgers 1 EA Veg Beans Green (Steamed) 1/2 cup 1/2 CUP Bread Wheat Hamb Bun WGR 1ea 1 EA Fruit Fresh Apple 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**25** Chili 4 OZ Veg Carrots (Steamed) 1/2 c. 1/2 CUP Bread Muffin Corn 1 EA Fruit Pears 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**26** Chicken Patty Breaded CN 1 ea 1 EA Potatoes Mashed 1/2 Cup Bread Wheat Hamb Bun WGR 1ea 1 EA Fruit Mandarin Oranges 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**27** Ham Turkey 2 OZ Veg Peas 1/2 Cup Bread 28 sl Wheat 2 sl WGR 2 Slice Fruit Tropical Fruit 1/2 c 1/2 CUP Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP
30 Beef Taco Meat Sr. 2 OZ Cheese Shredded for Tacos .5 OZ Veg Corn whole kern 1/2 Cup Bread WGR Wheat Tortilla 1 EA Fruit Pineapple 1/2c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**31** Macaroni & Cheese 6 OZ Veg Broccoli 1/2 Cup Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Mixed Fruit Cocktail 1/2 c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP Dairy = chicken patty	**1** Chicken Grilled Breast DC 3.1 OZ Salad Potato DC 1/2 CUP Bread Wheat Hamb Bun WGR 1ea 1 EA Fruit Banana Petite 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP	**2** Beef MeatLoaf Dc 1 EA Veg Beans Green (Steamed) 1/2 cup 1/2 CUP Bread Whole Wheat Roll WGR 1 ea 1 EA Fruit Fresh Apple 1 ea 1 EA Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP Dairy/Egg = Burger	**3** Salad Chicken 3 OZ Veg Carrots (Steamed) 1/2 c. 1/2 CUP Bread 28 sl Wheat 2 sl WGR 2 Slice Fruit Peaches 1/2c 1/2 Cup Milk, 1% Gal 6 or 8 oz. 1 CUP Milk, Whole Gal. 1 CUP Egg = Turkey