





# October 2021



Mon	Tue	Wed	Thu	Fri
<p>Whole, unflavored milk is served to children under 2. 1% unflavored milk is served to children over 2.</p>  <p>Whole Grain = <b>WG</b> Home Made = <b>HM</b></p>				<p>1 American Chop Suey (<b>WG Pasta</b>) Steamed Baby Carrots Warm Wheat Roll</p> <p>Milk Applesauce</p>
<p>4 BBQ Chicken Patty Mashed Sweet Potato Steamed Cauliflower Warm Wheat Roll (<b>WG</b>)</p> <p>Milk Sliced Oranges</p>	<p>5 Pancakes w/ Syrup Hash Browns Diced Breakfast Ham</p> <p>Milk Peaches N' Granola</p>	<p>6 Shepherd's Pie (seasoned hamburger, mashed potatoes, corn, gravy—deconstructed) (<b>WG</b>) Bread &amp; Butter Milk Berries &amp; Fresh Cream</p>	<p>7 Ham &amp; Swiss/Mozz blend Melt (<b>WG</b>) Pickles Lettuce/Baby Tomato Salad Milk Pineapple Rings</p>	<p>8 Fish Sticks w/Ketchup Rice Pilaf w/ added Brown Rice (<b>WG</b>) Steamed Carrots</p> <p>Milk Pear Chunks</p>
<p>11 <b>COLUMBUS DAY</b></p> <p><b>CENTER CLOSED</b></p>	<p>12 Mac &amp; Cheese (<b>HM</b>) Green Beans Bread &amp; Butter (<b>WG</b>)</p> <p>Milk Pineapple Tidbits</p>	<p>13 Sloppy Joes on Roll (<b>WG</b>) Tossed Salad w/ Dressing Tator Tots Milk Fruit Cocktail</p>	<p>14 Chicken Nuggets w/Sweet &amp; Sour Sauce Sweet Potato Fries Wheat Bread/Butter (<b>WG</b>) Steamed Cauliflower Milk Peaches</p>	<p>15 Cheese Quesadillas on (<b>WG</b>) Tortilla Lettuce/Salsa/Corn Mexican Rice (Includes <b>WG</b> Rice) Milk Apple Slices</p>
<p>18 French Toast (<b>WG</b>) w/Syrup Cottage Cheese w/ Honey Drizzle Hash Browns Milk Warm Applesauce w/ Cinnamon</p>	<p>19 Naan Bread ) Three Cheese &amp; Broccoli Pizza Angel Hair Pasta</p> <p>Milk Plain Yogurt w/ Blueberries</p>	<p>20 Taco Salad (seasoned hamburger, cheddar cheese, lettuce, mild salsa) Soft (<b>WG</b>) tortillas for Tots Mexican Seasoned Corn</p> <p>Milk Fruit &amp; Yogurt Freeze</p>	<p>21 Grilled Cheese on (<b>WG</b>) Bread Tomato Soup w/Celery Sticks Triscuit Crackers (<b>WG</b>)</p> <p>Milk Peaches</p>	<p>22 Chicken Parmesan Seasoned Linguini (<b>WG</b>) Steamed Green Beans</p> <p>Milk Pineapple Rings</p>
<p>25 Pasta (<b>WG</b>) w/Alfredo Sauce Grilled Chicken Chunks Parmesan/Cheese Broccoli Florets Milk Melon Slices</p>	<p>26 Swedish Meatballs Seasoned Egg Noodles (<b>WG</b>) Peas</p> <p>Milk Warm Applesauce</p>	<p>27 Soy Butter and Jelly on Wheat (<b>WG</b>) Baby Carrots (Parboiled for 1/T) Milk Chocolate Cake w/ Sliced Strawberries &amp; Cream</p>	<p>28 Lazy Lasagna (<b>HM</b>) w/Tomato Sauce and Mozzarella Cheese Salad w/Dressing Whole Wheat Roll (<b>WG</b>) Milk Fruit Cocktail</p>	<p>29 Rotisserie Chicken w/Gravy Seasoned Rice (<b>WG</b>) Green Beans</p>  <p>Milk Apple Slices &amp; Halloween Treats</p>