

OCTOBER 2019 CHILD CARE COLD LUNCH MENU

Remember that at least one vegetable component MUST be served every day at Lunch!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/30/2019 410 TOASTED CHEESE WG SANDWICH 630 DRAGON PUNCH VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	10/1/2019 205 WHOLE GRAIN POPCORN CHICKEN 631 CHERRY STAR VEGETABLE JUICE 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	10/2/2019 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 604 DUTCH POTATO SALAD 670 FRESH FRUIT 100 WHITE MILK FOOD ORDER DUE - WEEK OF 10/21	10/3/2019 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK 	10/4/2019 239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD 506 CHOPPED ROMAINE SALAD 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK
10/7/2019 227 BBQ CHICKEN & CHEESE WG WRAP 631 CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK 	10/8/2019 251 WG BAKED CHICKEN NUGGETS 630 DRAGON PUNCH VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	10/9/2019 239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD 632 WANGO MANGO VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK FOOD ORDER DUE - WEEK OF 10/28	10/10/2019 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK	10/11/2019 410 TOASTED CHEESE WG SANDWICH 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
10/14/2019 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 630 DRAGON PUNCH VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK Columbus Day	10/15/2019 410 TOASTED CHEESE WG SANDWICH 631 CHERRY STAR VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK	10/16/2019 205 WHOLE GRAIN POPCORN CHICKEN 632 WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK FOOD ORDER DUE - WEEK OF 11/4	10/17/2019 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	10/18/2019 239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK 
10/21/2019 251 WG BAKED CHICKEN NUGGETS 631 CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	10/22/2019 410 TOASTED CHEESE WG SANDWICH 632 WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	10/23/2019 227 BBQ CHICKEN & CHEESE WG WRAP 604 DUTCH POTATO SALAD 670 FRESH FRUIT 100 WHITE MILK FOOD ORDER DUE - WEEK OF 11/11	10/24/2019 239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD 506 CHOPPED ROMAINE SALAD 697 BAGGED APPLE SLICES 100 WHITE MILK	10/25/2019 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
10/28/2019 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 632 WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	10/29/2019 239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD 631 CHERRY STAR VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	10/30/2019 261 SOY BUTTER & JELLY WG SANDWICH 630 DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK FOOD ORDER DUE - WEEK OF 11/18	10/31/2019 205 WHOLE GRAIN POPCORN CHICKEN 506 CHOPPED ROMAINE SALAD 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK Halloween	11/1/2019 410 TOASTED CHEESE WG SANDWICH 506 CHOPPED ROMAINE SALAD 697 BAGGED APPLE SLICES 100 WHITE MILK All Saints Day

+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD

MENU SUBJECT TO CHANGE

WG = WHOLE GRAIN-RICH

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

REMINDER! Water must be OFFERED every day!

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