





OCTOBER 2019 CHILD CARE HOT LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9/30/2019</p> <p>827 HAMBURGER PATTY 815 MIXED VEGETABLES 869 POTATO ROUNDS 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK</p>	<p>10/1/2019</p> <p>255 CHEESE STUFFED BREADSTICKS (individual package) 622 RED GOLD MARINARA SAUCE CUP 697 BAGGED APPLE SLICES 100 WHITE MILK</p>	<p>10/2/2019</p> <p>872 WG BREADED CHICKEN PATTY (2 serv/cont) 864 DICED CARROTS or 611 BABY CARROTS PACK 809 MASHED POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p> <p>FOOD ORDER DUE - WEEK OF 10/21</p>	<p>10/3/2019</p> <p>841 CHEESE RAVIOLI WITH SAUCE (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 822 SPINACH 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/4/2019</p> <p>847 CHEESY CHICKEN, POTATO & BROCCOLI BAKE (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 812 CORN 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>
<p>10/7/2019</p> <p>826 SALISBURY PATTY WITH GRAVY 825 GREEN BEANS 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p> 	<p>10/8/2019</p> <p>834 CHICKEN ALFREDO W/WG PENNE PASTA (2 serv/cont) 858 PEAS & CARROTS 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/9/2019</p> <p>206 VEGGIE BURGER W/POTATO WEDGES (individual package) 822 SPINACH 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK</p> <p>FOOD ORDER DUE - WEEK OF 10/28</p>	<p>10/10/2019</p> <p>264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) or 263 5" ROUND WG CHEESE PIZZA (individual package) 506 CHOPPED ROMAINE SALAD or 869 POTATO ROUNDS 697 BAGGED APPLE SLICES 100 WHITE MILK</p>	<p>10/11/2019</p> <p>849 SWEDISH MEATBALLS 506 CHOPPED ROMAINE SALAD or 815 MIXED VEGETABLES 684 MIXED BERRY APPLESAUCE CUP 832 SPIRAL NOODLES or 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>
<p>10/14/2019</p> <p>843 WG BREADED BAKED CHICKEN NUGGETS 867 GARDEN PEAS 861 AU GRATIN POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p> <p>Columbus Day</p>	<p>10/15/2019</p> <p>272 FOUR CHEESE WG PANINI (individual package) 859 CORN & CARROTS 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK</p>	<p>10/16/2019</p> <p>831 WG ROTINI BAKE W/MEAT CRUMBLES & CHEESE (2 serv/cont) 822 SPINACH 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p> <p>FOOD ORDER DUE - WEEK OF 11/4</p>	<p>10/17/2019</p> <p>829 MEATLOAF WITH GRAVY 506 CHOPPED ROMAINE SALAD or 815 MIXED VEGETABLES 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/18/2019</p> <p>856 CHICKEN PARMESAN (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 825 GREEN BEANS 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>
<p>10/21/2019</p> <p>837 MEATBALLS WITH SAUCE 822 SPINACH 670 FRESH FRUIT 832 SPIRAL NOODLES or 907 WHEAT HOT DOG BUN 100 WHITE MILK</p>	<p>10/22/2019</p> <p>839 WG MACARONI & CHEESE 815 MIXED VEGETABLES 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p> 	<p>10/23/2019</p> <p>872 WG BREADED CHICKEN PATTY (2 serv/cont) 864 DICED CARROTS or 611 BABY CARROTS PACK 854 SCALLOPED POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p> <p>FOOD ORDER DUE - WEEK OF 11/11</p>	<p>10/24/2019</p> <p>827 HAMBURGER PATTY 506 CHOPPED ROMAINE SALAD or 812 CORN 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK</p>	<p>10/25/2019</p> <p>264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) or 263 5" ROUND WG CHEESE PIZZA (individual package) 506 CHOPPED ROMAINE SALAD or 869 POTATO ROUNDS 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK</p>
<p>10/28/2019</p> <p>857 SLOPPY JOE 864 DICED CARROTS or 611 BABY CARROTS PACK 809 MASHED POTATOES 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK</p>	<p>10/29/2019</p> <p>834 CHICKEN ALFREDO W/WG PENNE PASTA (2 serv/cont) 867 GARDEN PEAS 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p> 	<p>10/30/2019</p> <p>843 WG BREADED BAKED CHICKEN NUGGETS 822 SPINACH 861 AU GRATIN POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p> <p>FOOD ORDER DUE - WEEK OF 11/18</p>	<p>10/31/2019</p> <p>830 WG SPAGHETTI WITH MEATBALLS (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 825 GREEN BEANS 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p> <p>Halloween</p>	<p>11/1/2019</p> <p>410 TOASTED CHEESE WG SANDWICH (individual package) 506 CHOPPED ROMAINE SALAD or 815 MIXED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK</p>  <p>All Saints Day</p>

+++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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