

OCTOBER 2020 CHILD CARE HOT LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9/28/2020</p> <p>827 HAMBURGER PATTY 815 MIXED VEGETABLES 861 AU GRATIN POTATOES 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK</p>	<p>9/29/2020</p> <p>255 CHEESE STUFFED BREADSTICKS (individual package) 622 RED GOLD MARINARA SAUCE CUP 817 BROCCOLI 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK</p>	<p>9/30/2020</p> <p>872 WG BREADED CHICKEN PATTY (2 serv/cont) 865 CHEESY CAULIFLOWER 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/1/2020</p> <p>841 CHEESE RAVIOLI WITH SAUCE (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 822 SPINACH 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/2/2020</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>10/5/2020</p> <p>272 FOUR CHEESE WG PANINI (individual package) 815 MIXED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK</p>	<p>10/6/2020</p> <p>834 CHICKEN ALFREDO W/WG PENNE PASTA (2 serv/cont) 864 DICED CARROTS or 611 BABY CARROTS PACK 684 MIXED BERRY APPLESauce CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/7/2020</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>10/8/2020</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>10/9/2020</p> <p>849 SWEDISH MEATBALLS 506 CHOPPED ROMAINE SALAD or 817 BROCCOLI 683 UNSWEETENED APPLESauce CUP 832 SPIRAL NOODLES or 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>
<p>10/12/2020</p> <p>843 WG BREADED BAKED CHICKEN NUGGETS 867 GARDEN PEAS 866 ROASTED SWEET POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/13/2020</p> <p>835 FISH STICKS (2 serv/cont) 859 CORN & CARROTS 683 UNSWEETENED APPLESauce CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/14/2020</p> <p>831 WG ROTINI BAKE W/MEAT CRUMBLES & CHEESE (2 serv/cont) 825 GREEN BEANS 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/15/2020</p> <p>828 MEATLOAF WITH GRAVY (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 865 CHEESY CAULIFLOWER 684 MIXED BERRY APPLESauce CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/16/2020</p> <p>856 CHICKEN PARMESAN (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 822 SPINACH 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>
<p>Columbus Day 10/19/2020</p> <p>857 SLOPPY JOE 864 DICED CARROTS or 611 BABY CARROTS PACK 683 UNSWEETENED APPLESauce CUP 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK</p>	<p>10/20/2020</p> <p>839 WG MACARONI & CHEESE 817 BROCCOLI 684 MIXED BERRY APPLESauce CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/21/2020</p> <p>830 WG SPAGHETTI WITH MEATBALLS (2 serv/cont) 822 SPINACH 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/22/2020</p> <p>844 WG BREADED CRISPY CHICKEN TENDERS (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 815 MIXED VEGETABLES 854 SCALLOPED POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/23/2020</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>10/26/2020</p> <p>872 WG BREADED CHICKEN PATTY (2 serv/cont) 865 CHEESY CAULIFLOWER 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>10/27/2020</p> <p>255 CHEESE STUFFED BREADSTICKS (individual package) 622 RED GOLD MARINARA SAUCE CUP 815 MIXED VEGETABLES 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK</p>	<p>10/28/2020</p> <p>827 HAMBURGER PATTY 867 GARDEN PEAS 809 MASHED POTATOES 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK</p>	<p>10/29/2020</p> <p>837 MEATBALLS WITH SAUCE 506 CHOPPED ROMAINE SALAD or 825 GREEN BEANS 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ or 907 WHEAT HOT DOG BUN 100 WHITE MILK</p>	<p>10/30/2020</p> <p>272 FOUR CHEESE WG PANINI (individual package) 506 CHOPPED ROMAINE SALAD or 817 BROCCOLI 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK</p>

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

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!

MENU SUBJECT TO CHANGE

WG = WHOLE GRAIN-RICH

