

OCTOBER 2022 CHILD CARE COLD LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/3/2022	10/4/2022	10/5/2022	10/6/2022	10/7/2022
239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
10/10/2022	10/11/2022	10/12/2022	10/13/2022	10/14/2022
228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK Columbus Day/Indigenous Peoples' Day	229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 630 100% DRAGON PUNCH VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK
10/17/2022	10/18/2022	10/19/2022	10/20/2022	10/21/2022
229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 697 BAGGED APPLE SLICES 100 WHITE MILK	239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK
10/24/2022	10/25/2022	10/26/2022	10/27/2022	10/28/2022
242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 506 CHOPPED ROMAINE SALAD 697 BAGGED APPLE SLICES 100 WHITE MILK

MENU SUBJECT TO CHANGE

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.

CHOPPED ROMAINE SALAD: CHILDREN AGES 1 THROUGH 5 RECEIVE 1/2 CUP, CHILDREN AGE 6 & OLDER RECEIVE 1 CUP.

REMINDER: Water must be OFFERED every day!

WG = WHOLE GRAIN-RICH

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