

October 2020

Milk: 1% Milk (ages 2+) / Whole Milk (ages 1-2)
Items marked with an * are whole grain rich



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 6 Lunch Rotation				10/1 Breakfast Toast* & Jelly Applesauce Milk Lunch Swedish Meatballs Rotini Noodles Steamed Carrots Tropical Fruit Milk Snack Mozzarella Cheese Stick <2yrs: Canned Pears >2yrs: Apples	10/2 Breakfast Corn Chex* Pears Milk Lunch Ham Elbow Macaroni Broccoli Mandarin Oranges Milk Snack <3yrs: Cheddar Goldfish Crackers* >3yrs: Tortilla Chips & Salsa Milk
				10/5 Breakfast Frosted Mini Wheats* Applesauce Milk Lunch Linguine Meatballs with Marinara Green Beans Pears Milk Snack Banana Milk	10/6 Breakfast Bagel* Peaches Milk Lunch Breaded Chicken Chunks Wheat Dinner Roll Apple Slices Peas American Cheese Slice Milk Snack Blueberry Muffins Milk
Week 1 Lunch Rotation	10/12 Breakfast Rice Krispies Peaches Milk Lunch King Ranch Chicken and Bacon Casserole Green Beans >2yrs: Fresh Apple <2yrs: Fruit Cocktail Milk Snack <3yrs: Scooby Grahams* >3yrs: White Cheddar Popcorn* Milk	10/13 Breakfast Waffle Peaches Milk Lunch Corn Dog Cheese Slice Wheat Dinner Roll Fruit Corn Milk Snack Teddy Grahams* Milk	10/14 Breakfast Cheerios* Pineapple Milk Lunch Baked Ziti with Ham and Cheese Peas and Carrots Tropical Fruit Milk Snack Strawberry Chex Mix* Milk	10/15 Breakfast Toast* & Jelly Applesauce Milk Lunch Chicken Nuggets American Cheese Slice Carrots Fruit Dinner Roll Milk Snack Mozzarella Cheese Stick <2yrs: Canned Pears >2yrs: Apples	10/16 Breakfast Corn Chex* Pears Milk Lunch Meatball Sub Hotdog Bun Broccoli Peaches Milk Snack Milk <3yrs: Cheddar Goldfish Crackers* >3yrs: Tortilla Chips & Salsa
	10/19 Breakfast Frosted Mini Wheats* Applesauce Milk Lunch Chicken Fried Chicken Wheat Dinner Roll Country Gravy Mashed Potatoes Mandarin Oranges Milk Snack Scooby Grahams* Banana	10/20 Breakfast Bagel* Peaches Milk Lunch Hungarian Goulash Peas and Carrots Pineapple Milk Snack Cheddar Chex Mix* Milk	10/21 Breakfast Life* Mandarin Oranges Milk Lunch Hot Dog Hot Dog Bun Bananas Vegetable Blend Milk Snack Mini Pretzel Twists* Colby Jack Cheese Stick	10/22 Breakfast English Muffin* Pears Milk Lunch Chicken Enchilada Casserole Wheat Dinner Roll Corn Apples Milk Snack <2yrs: Animal Crackers* & Milk >2yrs: Animal Crackers* & Oranges	10/23 Breakfast Kix* Tropical Fruit Milk Lunch Pizza Hot Dish Peas Fruit Milk Snack Wheat Crackers American Cheese Slice Milk
Week 3 Lunch Rotation	10/26 Breakfast Rice Krispies Peaches Milk Lunch Bratwurst on Bun Corn Pineapple Tidbits Milk Snack Cheez-It Crackers* <2yrs: Applesauce >2yrs: Apples	10/27 Breakfast Waffle Tropical Fruit Milk Lunch Breaded Chicken Chunks Macaroni Noodles Peas Applesauce American Cheese Slice Milk Snack Teddy Grahams* Milk	10/28 Breakfast Corn Chex* Mandarin Oranges Milk Lunch Beef Macaroni Tomato Casserole Green Beans Peas Milk Snack Strawberry Chex Mix* Milk	10/29 Breakfast Toast* & Jelly Pineapple Milk Lunch Grilled Chicken Alfredo Pasta Peas and Carrots >2yrs: Apples <2yrs: Peaches Milk Snack Chex Mix Milk	10/30 Breakfast Cheerios* Applesauce Milk Lunch Hamburger Patty with Brown Gravy White Rice Scandinavian Veggie Blend Mandarin Oranges Milk Snack Animal Crackers Milk
	10/26 Breakfast Rice Krispies Peaches Milk Lunch Bratwurst on Bun Corn Pineapple Tidbits Milk Snack Cheez-It Crackers* <2yrs: Applesauce >2yrs: Apples	10/27 Breakfast Waffle Tropical Fruit Milk Lunch Breaded Chicken Chunks Macaroni Noodles Peas Applesauce American Cheese Slice Milk Snack Teddy Grahams* Milk	10/28 Breakfast Corn Chex* Mandarin Oranges Milk Lunch Beef Macaroni Tomato Casserole Green Beans Peas Milk Snack Strawberry Chex Mix* Milk	10/29 Breakfast Toast* & Jelly Pineapple Milk Lunch Grilled Chicken Alfredo Pasta Peas and Carrots >2yrs: Apples <2yrs: Peaches Milk Snack Chex Mix Milk	10/30 Breakfast Cheerios* Applesauce Milk Lunch Hamburger Patty with Brown Gravy White Rice Scandinavian Veggie Blend Mandarin Oranges Milk Snack Animal Crackers Milk