

October

2021



Calendar Month

Calendar Year

Monday	Tuesday	Wednesday	Thursday	Friday
04 Cereal Banana Milk ^{1*}	05 Hard Boiled Eggs ² Pancake ¹²³⁶ Pineapple Milk ^{1*}	06 Whole Wheat Pita Bread ³⁶ Low-fat Cream Cheese ¹ Melon Milk ^{1*}	07 Oatmeal ¹ Orange Milk ^{1*}	08 Cereal Pera Milk ^{1*}
11	12	13	14	15
CLOSED	Cereal Orange Milk ^{1*}	Turkey Sausage Patty Whole grain waffle ¹²³⁶ Pineapple Milk ^{1*}	Yogurt ¹ Banana Milk ^{1*}	Oatmeal ¹ Melon Milk ^{1*}
18	19	20	21	22
Cereal Melon Milk ^{1*}	Hard Boiled Eggs ² Whole wheat bread ³⁶ Pineapple Milk ^{1*}	Whole Wheat Pita Bread ³⁶ Low-fat Cream Cheese ¹ Orange Milk ^{1*}	Oatmeal ¹ Banana Milk ^{1*}	Cereal Pear Milk ^{1*}
25	26	27	28	29
Cereal Banana Milk ^{1*}	Turkey Sausage Patty Pancake ¹²³⁶ Orange Milk ^{1*}	Yogurt ¹ Apple Milk ^{1*}	Oatmeal ¹ Pineapple Milk ^{1*}	Cereal Melon Milk ^{1*}

Notes: This menu is subject to change

Green: Local Products


¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷Lentils

*Milk: 1 yr-old children (Unflavored Whole Milk)

2-5 yrs-old (Unflavored 1% Milk)

This institution is an equal opportunity provider

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
04 Garbanzo Fried Rice w/ peas & carrots ⁵⁶ Cucumber Salad Brown Rice Apple Milk* ¹	05 Chicken and Vegetables Lo Mein ³⁶ Green Salad Orange Milk* ¹	06 Bean Tacos ⁵ Lettuce and Cheese ¹ Whole Wheat Tortilla ³⁶ Pear Milk* ¹	07 Chicken Stir Fry ⁶ Zucchini and Carrots Quinoa/ Barley ³ Melon Milk* ¹	08 Beef Bolognesa w/ Diced Tomatoes Whole Wheat Pasta ³ Banana Milk* ¹
11 CLOSED	12 Black Beans ⁵ Brown rice Green Salad Apple Leche * ¹	13 Chicken Legs ⁶ Broccoli Whole Wheat Roll ³⁶ Melon Milk* ¹	14 Beef Fried Rice w/ peas & carrots ⁶ Cucumber Salad Brown Rice Orange Milk* ¹	15 Chicken Paella w/ Green Beans Brown Rice Melon Milk* ¹
18 Lentils w/ spinach and carrots ⁷ Brown Rice Apple Milk* ¹	19 Open-Faced Hamburger Beef Patty, Tomato , Lettuce and Cheese ¹ Whole Wheat Bun ³⁶ Orange Milk* ¹	20 Egg Frittata with Broccoli and Carrots ¹² Green Salad Whole Wheat Roll ³⁶ Melon Milk* ¹	21 International Day 	22 Chicken Pesto Pasta w/ tomatoes, cheese & spinach ¹³ Green Salad Pineapple Milk* ¹
25 Garbanzo Fried Rice w/ peas & carrots ⁵⁶ Peas and Carrots Brown Rice Apple Milk* ¹	26 Baked Penne Pasta ¹³ Beef ,Cheese w/ Diced Tomatoes Green Salad Whole Wheat Pasta ³ Melon Milk* ¹	27 Bean Tacos ⁵ Lettuce and Cheese ¹ Whole Wheat Tortilla ³⁶ Pear Milk* ¹	28 Chicken Legs ⁶ Broccoli Whole Wheat Roll ³⁶ Melon Milk* ¹	29 Peas Tuna Casserole ¹³⁴ Green Salad Orange Milk* ¹

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Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
04	05	06	07	08
Pretzels ³ Melon	Graham Crackers ³⁶ Pineapple	Low fat Yogurt ¹ Banana	Bread with Cheese ¹³⁶	WG Goldfish ¹³ Orange
09	12	13	14	15
CLOSED	WG Goldfish ¹³ Orange	Bread with Cheese ¹³⁶	Apple Muffin ¹²³⁶ Melon	Low fat Yogurt ¹ Banana
18	19	20	21	22
Pretzels ³ Orange	WW Animal Crackers ³⁶ Banana	Bread with Cheese and Turkey Ham ¹³⁶	Graham Crackers ³ Melon	Cheese ¹ Strawberries
25	26	27	28	29
WG Goldfish ¹³ Melon	Cheese ¹ Banana	WW Animal Crackers ³⁶ Orange	Low fat Yogurt ¹ Melon	Apple Muffin ¹²³⁶ Pineapple

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Snack