

October Menu 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
WG = Whole Grain WW = Whole Wheat ENR = Enriched	Breakfast: Vanilla Yogurt, Peaches, WG Granola, Milk	Breakfast: Egg & Cheese WG Biscuits, Mandarin Oranges, Milk	Breakfast: WG English Muffins w/ Peanut Butter, Diced Peaches, Milk	Breakfast: WG Zucchini Bread, Diced Pears, Milk
	Lunch: Beef Spaghetti, WW Pasta, Parmesan Cheese, Green Beans, Carrots, Milk	Lunch: Fish Nuggets WG Breading, Tartar Sauce, Peas & Carrots, Green Salad, Milk	Lunch: BBQ Pork Ribs, ENR Cornbread, Refried Beans, Cauliflower, Milk	Lunch: Chicken w/Plum Sauce, ENR Jasmine Rice, Snow Peas, Broccoli, Milk
	Snack: Corn chips with Refried Beans and Shredded Cheese	Snack: Peanut Butter & Honey on Warm ENR Bagel	Snack: WG Graham Crackers w/ Peanut Butter Spread.	Snack: Cheese Quesadilla on an ENR Tortilla.
7	8	9	10	11
Breakfast: WG Bagel with Cream Cheese, Mixed Berries, Milk	Breakfast: WG Pancakes, Tropical Fruit, Milk	Breakfast: Scrambled Eggs, WW Toast, Diced Pears, Milk	Breakfast: WG Cheerios, Bananas, Milk	Breakfast: French Toast Sticks, Mandarin Oranges, Milk
Lunch: Beef Chili w/ Cheese, WW Biscuit, Sweet Corn, Broccoli, Milk	Lunch: Chicken Dijon, Scalloped Potatoes, Glazed Carrots, WW Roll, Milk	Lunch: Cod Fish w/Lemon Sauce, ENR Cous-Cous, Beets, Cauliflower, Milk	Sack Lunch: Ham & Cheese Sandwich, WG Sunchips, Fruit Cup, Milk	Lunch: Navy Bean & Bacon Soup, ENR Focaccia Bread, Zucchini Saute, Mixed Veggies, Milk
Snack: Vanilla Yogurt with Sliced Bananas	Snack: Tomato Soup with Gold Fish Crackers	Snack: Peanut Butter and Jelly Sandwiches	Snack: Ritz Crackers and Sliced Cheese	Snack: Sliced Apples with Sliced Cheddar Cheese
14	15	16	17	18
ERROR!	Breakfast: WG Pancakes, Tropical Fruit, Milk	Breakfast: WG Blueberry Cereal Bars, Diced Peaches, Milk	Breakfast: WG Waffles, Diced Pears, Milk	Breakfast: WG Rice Chex Cereal, Bananas, Milk
SEEDS IS CLOSED FOR STAFF TRAINING!	Lunch: Chicken & vegetable WW Pasta w/Alfredo Sauce, Parmesan Cheese, Broccoli, Milk	Lunch: Pork Tenderloin w/Apricot Sauce, Roasted Butternut Squash, Peas, Quinoa Rice Pilaf, Milk	Lunch: Chicken Meatballs & Marinara Sauce, Green Beans, Sweet Corn, ENR Roll, Milk	Lunch: Beef w/Mushroom Gravy, Mashed Potatoes, Broccoli, WW Roll, Milk
	Snack: Ritz Crackers with Sliced Cheddar Cheese	Snack: WG Cheerios with Sliced Bananas	Snack: Refried Bean Nachos with ENR Corn Chips and Shredded Cheese	Snack: Animal Crackers and Mozzarella String Cheese Sticks
21	22	23	24	Delivered on Thurs 10/24th. 25
Breakfast: WG Zucchini Bread, Mandarin Oranges, Milk	Breakfast: WG English Muffins w/Peanut Butter, Bananas, Milk	Breakfast: Scrambled Eggs, WW Toast, Diced Pears, Milk	Breakfast: Vanilla Yogurt, Mixed Berries, WG Granola, Milk	Breakfast: WG Cheerios, Bananas, Milk
Lunch: Pork & WG Ziti Pasta Bake, Peas & Carrots, Zucchini, Milk	Lunch: Chicken Nuggets (3 each) w/WG Breading, Garden Salad, Sweet Potatoe Tots, Milk	Lunch: BBQ Riblets, WG Cornbread, Mixed Veggies with Peas, Milk	Lunch: Beef Tacos & Cheese, ENR Flour Tortilla, Refried Beans, Green Salad, Milk	Lunch: Chicken Marinara & WG Spaghetti, Asparagus, Carrots, Milk
Snack: Grilled Cheese Sandwiches on Toasted WG Bread	Snack: Vanilla Yogurt Parfait with Crushed WG Graham Crackers and Sliced Bananas	Snack: Apple Sause with Animal Crackers	Snack: Mozzarella Cheese Sticks and Gold Fish Crackers	Snack: Sliced Apples with Peanut Butter
28	29	30	31	
Breakfast: WG Waffles, Applesauce, Milk	Breakfast: Cheese Omelet, WW Toast, Diced Peaches, Milk	Breakfast: WG Bagel w/Cream Cheese, Melon, Milk	Breakfast: Scrambled Eggs, WW Toast, Mandarin Oranges, Milk	This facility is and equal opportunity provider. All milk served to participants is unflavored. Participants 2 years and older are served either low-fat (1%) or fat-free milk and children 1 year old are served whole milk.
Lunch: Baked Chicken, Snap Peas, Sweet Corn, WG Quinoa Brown Rice, Milk	Lunch: Pork Kielbasa, Baby Baked Potatoes, Sweet & Sour Cabbage, WW Roll, Milk	Lunch: Chicken Potato Leek Soup, ENR Focaccia Bread, Carrots & Peas, Beets, Milk	Lunch: Mini Hot Dogs w/Cheese, ENR Bun, Tater Tots, Zucchini, Milk	
Snack: Warm Cheesy Pizza on WG Bagels	Snack: Graham Crackers w/Nutella Spread and Sliced Bananas	Snack: Cheese Quesadilla on WG Tortilla	Snack: Vanilla Yogurt w/Mandarin Orange Pumpkins with Cucumber Stems	