



October 2024 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Toast w/Peanut Butter Flavored Yogurt 4 oz Apple Juice 1% Low Fat Milk	2 Apple Cinnamon Muffin Toast w/Margarine Oatmeal Blended Juice 1% Low Fat Milk	3 All Bran Cereal Toast w/Peanut Butter 1% Low Fat Milk Banana	4 Toast w/Peanut Butter Oatmeal Apple Juice 1% Low Fat Milk Banana
7 Toasted Oat Cereal Toast w/Peanut Butter Applesauce 1% Low Fat Milk	8 Toast w/Peanut Butter Flavored Yogurt 4 oz Apple Juice 1% Low Fat Milk	9 Apple Cinnamon Muffin Toast w/Margarine Oatmeal Blended Juice 1% Low Fat Milk	10 All Bran Cereal Toast w/Peanut Butter 1% Low Fat Milk Banana	CLOSED FOR <u>TRAINING</u>
14 Toasted Oat Cereal Toast w/Peanut Butter Applesauce 1% Low Fat Milk	15 Toast w/Peanut Butter Flavored Yogurt 4 oz Apple Juice 1% Low Fat Milk	16 Apple Cinnamon Muffin Toast w/Margarine Oatmeal Blended Juice 1% Low Fat Milk	17 All Bran Cereal Toast w/Peanut Butter 1% Low Fat Milk Banana	18 Toast w/Peanut Butter Oatmeal Apple Juice 1% Low Fat Milk Banana
21 Toasted Oat Cereal Toast w/Peanut Butter Applesauce 1% Low Fat Milk	22 Toast w/Peanut Butter Flavored Yogurt 4 oz Apple Juice 1% Low Fat Milk	23 Apple Cinnamon Muffin Toast w/Margarine Oatmeal Blended Juice 1% Low Fat Milk	24 All Bran Cereal Toast w/Peanut Butter 1% Low Fat Milk Banana	25 Toast w/Peanut Butter Oatmeal Apple Juice 1% Low Fat Milk Banana
28 Toasted Oat Cereal Toast w/Peanut Butter Applesauce 1% Low Fat Milk	29 Toast w/Peanut Butter Flavored Yogurt 4 oz Apple Juice 1% Low Fat Milk	30 Apple Cinnamon Muffin Toast w/Margarine Oatmeal Blended Juice 1% Low Fat Milk	31 All Bran Cereal Toast w/Peanut Butter 1% Low Fat Milk Banana	

October 2024 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lemon Pepper Chicken Scalloped Potatoes Veggie Medley 1% Low Fat Milk & Blended Juice Whole Grain Bread	2 Penne Bolognese Carrot Coins Winter Veggie Medley 1% Low Fat Milk & Apple Cherry Juice Whole Grain Bread	3 Pineapple Chicken Thigh Green Beans Cabbage & Carrots 1% Low Fat Milk & Apple Juice Whole Grain Bread	4 Meatballs w/ Onion Beef Gravy Mashed Potatoes California Blend Veggies 1% Low Fat Milk & Blended Juice Whole Grain Bread
7 Beef Stroganoff Casserole Peas & Carrots Green Beans 1% Low Fat Milk & Apple Juice Whole Grain Bread	8 Sweet & Sour Meatballs Yellow Squash White Rice Apple Sauce 1% Low Fat Milk & Apple Cherry Juice Whole Grain Bread	9 Chicken Thigh w/ Mushroom Gravy Carrots Mashed Potatoes 1% Low Fat Milk & Apple Juice Whole Grain Bread	10 Pork Loin w/ Onion Gravy Country Veggie Blend Butternut Squash 1% Low Fat Milk & Blended Juice Whole Grain Bread	11 <div style="text-align: center;"> CLOSED FOR <u>TRAINING</u> </div>
14 Seasoned Chicken Thigh Peas & Carrots Cheesy Mashed Potatoes 1% Low Fat Milk & Apple Cherry Juice Whole Grain Bread	15 Teriyaki Beef Patty Gingered Brown Rice Carrot Coins Applesauce 1% Low Fat Milk & Blended Juice Whole Grain Bread	16 Pork Loin w/ Apple Brown Gravy Winter Veggies Broccoli 1% Low Fat Milk & Apple Juice Whole Grain Bread	17 Chicken Thigh w/ Mojito Salsa Black Beans Confetti Corn 1% Low Fat Milk & Apple Juice Whole Grain Bread	18 Meatloaf w/ Brown Gravy Mashed Potatoes Cabbage & Carrots Applesauce 1% Low Fat Milk Whole Grain Roll
21 Spicy Mustard Chicken Thigh Cheesy Mashed Potatoes California Veggie Blend 1% Low Fat Milk & Blended Juice Whole Grain Bread	22 Pulled BBQ Pork Green Beans Glazed Carrots Applesauce 1% Low Fat Milk Whole Grain Bread	23 Cheeseburger on a Bun Yellow Squash Country Veggie Medley 1% Low Fat Milk & Apple Juice	24 Meatballs w/ Marinara Sauce Pasta Broccoli 1% Low Fat Milk & Blended Juice Whole Grain Roll	25 Chicken Thigh w Gravy Mashed Potatoes Black Eyed Peas 1% Low Fat Milk & Apple Cherry Juice Whole Grain Bread
28 Sloppy Joes on a Bun Mashed Potatoes Peas & Carrots 1% Low Fat Milk & Blended Juice	29 Honey Orange Chicken Thigh Brown Rice Green Beans Apple sauce 1% Low Fat Milk & Apple Juice Whole Grain Bread	30 Witch's Beef Stew Mashed Potatoes Green Peas 1% Low Fat Milk Whole Grain Bread Holiday Dessert	31 Chicken Patty on a Bun Butternut Squash Beans w/ Peppers & Onions 1% Low Fat Milk & Blended Juice	