



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

OCTOBER 2020 CHILD CARE MENU



Moo Monday	Turkey or Tuna Tuesday	White Meat Wednesday	Thumbs Up Thursday	Fiesta Friday
			1	2
<i>"And Justice for all..."</i>				
<p>In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.</p> <p>WG = Whole Grain WW = Whole Wheat</p>			WW Toast, Pears, Milk Grilled Cheese & Tomato Soup, Cauliflower, Apples, Milk Wheat Thins & Strawberries	WG Biscuits, Applesauce, Milk Chicken Quesadillas, Peaches, Milk WG Tortilla Chips & Salsa
5	6	7	8	9
WG Cheerios, Peaches, Milk Hamburgers, Oranges, Milk Veggie Straws & Pears	Cottage Cheese, Pineapple & Milk Tuna Noodle Casserole, Peas, Cuties & Milk Banana & Graham Crackers	Vanilla Yogurt, Blueberries & Milk Cheesy Chicken Broccoli Rice, Pineapple & Milk Wheat Thins & Oranges	WG Mini Wheats Cereal, Peaches, Milk Turkey Goulash, Pears, Milk Yogurt & Pineapple	WG Cheerios, Strawberries & Milk Black Bean Burrito Bowl w/ Brown Rice, Apples & Milk Cheese Sticks & Cucumbers
12	13	14	15	16
WG English Muffin, Jam/Butter, Cuties & Milk Spaghetti & Meatballs, Apples, Green Beans & Milk Graham Crackers & Bananas	WG Cheerios, Oranges & Milk Tuna Melts, Pineapple, Peas & Milk Cheese Sticks & Cucumbers	WG Waffles, Applesauce, Milk Chicken Egg Rolls & Fried Rice, Peaches, Milk Yogurt & Blueberries	WG Life Cereal, Pears & Milk Broccoli Chicken Alfredo, WG Garlic Bread, Cuties & Milk Carrots & Yogurt Ranch Dip	WG Corn Chex, Peaches & Milk White Chicken Chili with Mixed Vegetables, WW Roll, Oranges & Milk Cottage Cheese & Pineapple
19	20	21	22	23
WG Mini Wheats, Peaches & Milk Teriyaki Meatballs, Mixed Vegetables, Pineapple & Milk Graham Crackers & Banana	WG Chex Cereal, Cuties, Milk Turkey Sloppy Joe, Banana, Milk Wheat Thins & Applesauce	Vanilla Yogurt, Strawberries & Milk Chicken Pot Pie w/ WG Biscuits, Apples & Milk Soft Pretzels & Cuties	WW Toast, Jam/Butter, Banana & Milk Mac 'n' Cheese, Pears, Peas & Milk Cheese Sticks & Snap Peas	WG Life Cereal, Peaches, Milk Turkey Taos, WW Rolls, Applesauce, Milk Tortilla Chips & Salsa
26	27	28	29	30
WG Cheerios, Pineapple & Milk Pizza Casserole, Banana & Milk Veggie Straws & Pears	WG Corn Chex, Oranges & Milk Fish Nuggets, Pears, Peas & Milk Wheat Thins & Applesauce	WG English Muffin, Jam/Butter, Pineapple & Milk Chicken Noodle Soup, Cuties & Milk Cheese Sticks & Peaches	Yogurt, Pears & Milk Ham & Cheese Sliders, Cooked Cauliflower, Peaches & Milk Carrots & Yogurt Ranch Dip	WG Biscuits, Jam/Butter, Cuties & Milk Chicken Enchiladas with Peppers, Corn, and Refried Beans, Applesauce & Milk WG Cheerios & Pineapple