



# FOOD MENU



## October Week of 10/24/2022- 10/28/22

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1% or fat-free milk Oatmeal Diced apple	1% or fat-free milk Whole-wheat bagel Egg omelet Blueberries	1% or fat-free milk Waffles Peaches	1% or fat-free milk Wheat Chex® Raspberries	1% or fat-free milk Scrambled egg Roasted sweet potato hash
Morning SNACK	Triscuits® Cheddar cheese Water	Apple slices Peanut butter Water	Carrot sticks Hummus Water	1% or fat-free milk Soft pretzel	Pineapple cubes Yogurt Water
LUNCH	1% or fat-free milk Hot turkey sandwich on whole-wheat bread Green beans Oranges	1% or fat-free milk Cod fillet Brown rice Garden salad Cantaloupe	1% or fat-free milk Chicken breast Whole wheat roll Mashed potatoes Cherries	1% or fat-free milk Roast beef Cauliflower Mac and Cheese Broccoli Fresh pear slices	1% or fat-free milk veggie bean chili Whole-corn tortilla Sautéed carrots
Afternoon SNACK	Strawberries Vanilla yogurt Water	Broccoli/cauliflower florets Cottage cheese ranch dip Water	Pretzel rods Cheddar cheese cubes Water	Cucumber slices Whole-grain crackers Water	Celery sticks Tuna salad Water
NOTES:					



# FOOD MENU



## October Week of 10/31/2022- 11/4/2022

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1% or fat-free milk Toasted oats Orange slices	1% or fat-free milk Scrambled eggs with cheese Kiwi	1% or fat-free milk Cream of Wheat® Banana	1% or fat-free milk Bean burrito Applesauce	1% or fat-free milk Pancakes Mixed berries
Morning SNACK	Triscuits® Cheddar cheese Water	Apple slices Peanut butter Water	Carrot sticks Hummus Water	1% or fat-free milk Soft pretzel	Pineapple cubes Yogurt Water
LUNCH	1% or fat-free milk Roast pork Corn bread Roasted red potatoes Collard greens or spinach	1% or fat-free milk MorningStar® Garden Veggie Pattie on whole wheat bun Corn Watermelon	1% or fat-free milk Egg salad on whole grain wrap Tomato cucumber salad Diced mango	1% or fat-free milk Creamy Baked Veggies Whole-wheat noodles Steamed broccoli Carrot-raisin salad	1% or fat-free milk Chicken stir fry with snow peas and red peppers Brown rice Mandarin oranges
Afternoon SNACK	Strawberries Vanilla yogurt Water	Broccoli/cauliflower florets Cottage cheese ranch dip Water	Pretzel rods Cheddar cheese cubes Water	Cucumber slices Whole-grain crackers Water	Celery sticks Tuna salad Water

