

October

2017

Calendar Month

Calendar Year



Monday	Tuesday	Wednesday	Thursday	Friday
02 Scrambled eggs w/peppers ² Whole wheat bread ³⁶ Banana Milk	03 Oatmeal w/ toppings ¹ Honeydew Milk	04 Banana muffin ¹²³ Yogurt ¹ Watermelon Milk	05 Whole wheat cheerios Cantaloupe Milk	06 Hard Boiled Eggs ² Whole wheat bread ³⁶ Pineapple Milk
09 Closed	10 Scrambled eggs w/ Swiss Chard ² Whole wheat bread ³⁶ Banana Milk	11 Oatmeal w/ toppings ¹ Pineapple Milk	12 Whole wheat cheerios Honeydew Milk	13 Black Beans ⁵ Cheese ¹ Watermelon Leche
16 Chilaquiles ² Whole wheat bread ³⁶ Banana Milk	17 Oatmeal w/ toppings ¹ Pineapple Milk	18 Zucchini muffin ¹²³ Yogurt ¹ Cantaloupe Milk	19 Whole wheat cheerios Honeydew Milk	20 Eggs and Potatoes ² Whole wheat bread ³⁶ Watermelon Milk
23 Turkey Sausage Whole grain waffle ³ Banana Milk	24 Oatmeal w/ toppings Watermelon Milk	25 Carrot muffin ¹²³ Yogurt ¹ Cantaloupe Milk	26 Whole wheat cheerios Honeydew Milk	27 Hard Boiled Eggs ² Whole wheat roll ³ Pineapple Milk
30 Scrambled eggs w/peppers ² Whole wheat bread ³⁶ Banana Milk	31 Oatmeal w/ toppings ¹ Pineapple Milk			

Notes: This menu is subject to change. Green: Local

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

BREAKFAST



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Monday	Tuesday	Wednesday	Thursday	Friday
02 Enchiladas ¹⁵ Tomatoes Strawberries Milk	03 Hungarian Cabbage Barley ³ /Quinoa Pear Milk	04 Paella Green Salad Banana Milk	05 Chow Mein w/ tofu ⁶ Whole wheat pasta ³ Green Salad Orange Milk	06 Hawaiian Chicken Whole wheat tortilla ¹²³ Carrots Apple Milk
09 Closed	10 Penne Pasta with Chicken and Broccoli ³ Orange Milk	11 Lentil Sweet potato Stew ⁷ Cheese Sandwich ¹³ Strawberries Milk	12 International Day	13 Beef w/ vegetables Barley/Quinoa ³ Carrots Banana Milk
16 Special Tacos ⁶ Green Salad Strawberries Milk	17 BBQ Chicken Legs Whole wheat roll ³ Corn with peppers Watermelon Milk	18 Fried rice with Fish ⁴ Broccoli Pear Milk	19 Mac&Cheese Casserole ¹³ Green Beans Apple Milk	20 Chicken Pot Pie ³ Green Salad Banana Milk
23 Bolognese ⁷ Whole wheat pasta ³ Green Salad Pear Milk	24 Chicken Stir Fry w/ carrots Brown rice Banana Milk	25 Beef Tacos Broccoli Watermelon Milk	26 Pumpkin Soup Grilled cheese sandwich ¹³ Green Salad Orange Milk	27 Tuna pasta salad ¹⁴³ Carrots Apple Milk
30 Black Beans ⁵ Brown rice Sweet potato Banana Milk	31 Chicken Stew Barley/Quinoa ³ Green Beans Apple Milk			

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LUNCH



International Food Day: On October 12th will prepare a traditional dish from Nepal! Nepal is located in Asia, bordering India and China. Popular ingredients in Nepal include lentils, potatoes, rice, and yogurt.

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02 Graham Crackers ³ Apple	03 Low Fat Yogurt ¹ Strawberries	04 Rice pudding ¹ Pineapple	05 Sweet potato bread pudding ¹³ Honeydew	06 Whole Wheat Animal Crackers ³ Pear
09 Closed	10 Cottage cheese ¹ Canned peaches	11 String cheese ¹ Pear	12 Organic Yogurt ¹ Orange	13 Carrot Muffin ¹²³ Apple
16 Graham Crackers ³ Apple	17 Cucumber Sweet potato hummus Banana	18 Rice pudding ¹ Cantaloupe	19 Organic Yogurt ¹ Pear	20 Whole Wheat Animal Crackers ³ Strawberries
23 Low Fat Yogurt ¹ Strawberries	24 Graham Crackers ³ Apple	25 Sweet potato bread pudding ¹³ Orange	26 Organic Yogurt ¹ Banana	27 String cheese ¹ Pear
30 Cottage cheese ¹ Canned peaches	31 Carrot Muffin ¹²³ Apple			

Notes: This menu is subject to change. **Green:** Local Produce

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

SNACK

