



2024 October

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------|---|---|--|--|---|
| | | 30 | 1 | 2 | 3 | 4 |
| Breakfast | | KIX, Peaches & Milk | HM WGR Pancakes, Mixed Berries & Milk | WGR Oatmeal, Raisins & Milk | Cheese Scrambled Eggs, Canteloupe, Toast & Milk | Morning Glory Muffins, Banana & Milk |
| Lunch | | Chicken Caesar Salad , Apple Slices, Toasted Baguette and Milk *Softened Apple Slices | Beef Tacos on WGR Corn Tortilla, Zuchinni, Pears and Milk | WGR Spaghetti with Beef Meatballs, Steamed Broccoli, Pears and Milk | Chicken Teryaki w/ WGR Brown Rice, Mixed Veggies, Pineapple and Milk | Calico Beans, Roasted Cauliflower, Orange Slices, Enriched French Baguette and Milk *Mandarin Oranges |
| Snack | | WGR Bread & Sunbutter | Graham Crackers, & Fruit Smoothie | Pita & Hummus | Apples & Cheese Slices | Cheese Sticks & Wheat Thins |
| | | 7 | 8 | 9 | 10 | 11 |
| Breakfast | | WGR Oatmeal, Raisins & Milk | WGR Pancakes, Mixed Berries & Milk | WGR Cheerios, Oranges & Milk *Mandarin Oranges | Scrambled Eggs, Bananas, Toast & Milk | WGR English Muffins, Blueberries & Strawberries & Milk |
| Lunch | | Beef Stroganoff w/ Egg Noodles, Sauteed Zucchini, Sliced Pears and Milk | Grilled Cheese on WGR Bread, Tomato Soup, Roasted Cauliflower and Milk | Chicken Gyros w/ Pita Bread, Cucumber and Tomato Salad, Cantaloupe and Milk | Lemon Basil Chicken, Enriched Orzo Pasta, Mixed Veggies, Mixed Berries w/ Canteloupe & Milk | BBQ Pulled Pork on WGR Bread, Coleslaw, Watermelon & Milk |
| Snack | | Cheese Sticks & WGR Wheat Thins | Pita Bread & Hummus | Apple slices, & Graham Crackers | WGR Savoritz Crackers & Baby Carrots | Goldfish w/ mixed fresh fruit & Cheese sticks |
| | | 14 | 15 | 16 | 17 | 18 |
| Breakfast | | WGR Kix, Banana & Milk | HM WGR Pancakes, Mixed Berries & Milk | Yogurt, Banana, Granola & Milk | WGR Kix, Apple Sauce, & Milk | WGR Oatmeal, Rasins, Bananas & Milk |
| Lunch | | Kiabasa & Chicken w/ Roasted Peppers, Onion & Zucchini, WGR Brown Rice, Pineapple & Milk | Chicken Avacado Sandwiches on WGR Bread, Roasted Corn, Clementine, & Milk | HM Lasagna, Steamed Broccoli, Pears and Milk | Mac N' Cheese, Roasted Broccoli, Canteloupe & Milk | Roasted Chicken & Baby Carrots, Pears, WGR Bread & Milk *Roasted Baby Carrots |
| Snack | | WGR Sunbutter & Jelly Sandwiches | Cheese Quesadillas WGR & Salsa | Go-Gurt & Graham Crackers | WGR Wheat Thins & Cucumbers | Pineapple & Graham Crackers |
| | | 21 | 22 | 23 | 24 | 25 |
| Breakfast | | WGR Cheerios, Apple Sauce & Milk | HM WGR Pancakes, Mixed Berries & Milk | WGR English Muffins, Kiwi & Milk | Scrambled Eggs, Hashbrowns & Milk | WGR Bagels, Oranges & Milk |
| Lunch | | Tilapia w/ Tartar Sauce, WGR Bread, Green Beans, Pears and Milk | Pizza Bake w WGR Penne Noodles, Chicken Breast, Broccoli, Apple Slices, & Milk *Softened Apple Slices | Tikka Masala Chicken, Enrich White Rice, Bell Peppers, Mango and Milk | Pot Roast, Baked Potatoes & Carrots, WGR Dinner Roll & Milk | Lemon Basil Chicken, Orzo Pasta, Asparagus, Sliced Grapes and Milk |
| Snack | | Pineapple & Animal Crackers | Cheese Sticks & WGR Woven Crackers | Banana & Graham Crackers | Graham Crackers & Fruit Smoothie | WGR Quesadillas & Salsa |
| | | 28 | 29 | 30 | 31 | 1 |
| Breakfast | | WGR Cheerios, Bananas & Milk | HM WGR Pancakes, Mixed Berries & Milk | WGR Oatmeal, Raisins & Milk | Cheesy Scrambled Eggs, Honeydew & Milk | |
| Lunch | | Chicken Pot Pie Soup w/ Biscuit, Carrots, Apples & Milk | Al Pastor Tacos on WGR Corn Tortilla, Zuchinni, Mango and Milk | WGR Spaghetti with Beef Meatballs, Steamed Broccoli, Pears and Milk | Chicken Teryaki w/ WGR Brown Rice, Mixed Veggies, Pineapple & Milk | |
| Snack | | Bread Stick, & Cheese Cubes | Graham Cracker, & Apple Sauce Cups | Pita & Hummus | Apples & Cheese Slices | |
| <p>*Milk is served at both Breakfast and Lunch. Whole Milk for children 1-2 years old, Skim Milk for children ages 2-5</p> <p>* Red Font indicates a toddler or infant alternative</p> <p>*WGR= Whole Grain Rich HM= Home Made</p> <p>Meal Patterns and Serving Sizes are posted in each classroom and in the kitchen on the freezer.</p> | | | | | | |