

	Monday 28	Tuesday 29	Wednesday 30	Thursday October 1	Friday 2
Brkfst	IFC or Cottage Cheese Applesauce & HM or IFF	IFC or Cheese Cubes Mandarin Oranges & HM or IFF	IFC or Cottage Cheese Sliced Peaches & HM or IFF	IFC or Hard Boiled Egg Diced Pears & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
Lunch	Baked Chicken Breast SIDES: Corn Mixed Fruit HM or IFF	Breakfast Sandwich on WG Bread Sausage, Egg, & Cheese SIDES: Steamed Peas Diced Pears HM or IFF	Salisbury Steak SIDES: Mashed Potatoes 1/2 Banana HM or IFF	Cottage Cheese SIDES: Carrot Coins Pineapple Tidbits HM or IFF	Baked Chicken Breast & Buttered Noodles SIDES: Steamed Broccoli Diced Peaches HM or IFF
PM	HM or IFF, Carrot Coins, Ritz Crackers	HM or IFF, Applesauce, Saltines	HM or IFF, Peas, WG Graham Cracker	HM or IFF, Mixed Fruit, WG Goldfish	HM or IFF, Carrot Coins, WG Tortilla
	5	6 - National Taco Day	7	8	9
Brkfst	IFC or Sliced Turkey Pineapple Tidbits & HM or IFF	IFC or Strawberry Banana Smoothie Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Yogurt Mixed Fruit & HM or IFF	IFC or Cheese Cubes Banana & HM or IFF
Lunch	Hamburger on WG Bread SIDES: Steamed Peas Cooked Apple Slices HM or IFF	Chicken with Tortilla SIDES: Black Beans Apricots HM or IFF	Baked Chicken Breast SIDES: Corn Diced Pears HM or IFF	Hard Boiled Egg & Buttered Noodles SIDES: Glazed Carrots 1/2 Banana HM or IFF	Yogurt SIDES: Steamed Broccoli Applesauce HM or IFF
PM	HM or IFF, Pears, WG Graham Cracker	HM or IFF, Peas, WG Flatbread	HM or IFF, Black Beans, WG Goldfish	HM or IFF, Corn, Ritz Crackers	HM or IFF, Carrot Coins, Saltines
NATIONAL SCHOOL LUNCH WEEK					
	12	13	14 - Great Apple Crunch	15	16
Brkfst	IFC or Cottage Cheese Applesauce & HM or IFF	IFC or Hard Boiled Egg Diced Pears & HM or IFF	IFC or Yogurt Cinnamon Apples & HM or IFF	IFC or Cheese Cubes Diced Peaches & HM or IFF	IFC or Cottage Cheese Mixed Fruit & HM or IFF
Lunch	Sloppy Joe on WG Bread SIDES: Baked Beans Diced Peaches HM or IFF	Roast Beef SIDES: Mashed Potatoes Applesauce HM or IFF	Plain Meatballs SIDES: Stir Fry Vegetables Applesauce HM or IFF	Baked Chicken Breast SIDES: Carrot Coins Mixed Fruit HM or IFF	Toasted Cheese Sandwich SIDES: Steamed Green Beans Mandarin Oranges HM or IFF
PM	HM or IFF, Broccoli, Club Crackers	HM or IFF, Baked Beans, Breadstick	HM or IFF, Snickerdoodle Hummus & WG Crackers	HM or IFF, Stir fry Veggies, WG Cheerios	HM or IFF, Pears, Ritz Crackers
	19	20	21	22	23
Brkfst	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Yogurt Banana & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Yogurt Mixed Fruit & HM or IFF	IFC or Cheese Cubes Cinnamon Applesauce & HM or IFF
Lunch	Baked Chicken Breast SIDES: Steamed Peas Applesauce HM or IFF	Soft Shell Beef Taco on WG Tortilla SIDES: Refried Beans Diced Peaches HM or IFF	Cottage Cheese SIDES: Island Vegetables Mandarin Oranges HM or IFF	Chicken and Gravy over Mashed Potatoes SIDES: Mashed Potatoes Pineapple Tidbits HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Carrot Coins Diced Pears HM or IFF
PM	HM or IFF, Green Beans, WG Goldfish	HM or IFF, Peas, Tortilla	HM or IFF, Refried Beans, WG Chex Cereal	HM or IFF, Island Veggies, Saltines	HM or IFF, Mixed Fruit, Graham Cracker
	26	27	28	29	30
Brkfst	IFC or Cottage Cheese Mixed Fruit & HM or IFF	IFC or Sliced Turkey Diced Peaches & HM or IFF	IFC or Yogurt Applesauce & HM or IFF	IFC or Hard Boiled Egg Diced Pears & HM or IFF	IFC or Cottage Cheese Applesauce & HM or IFF
Lunch	WG French Toast Sticks & Sausage Patty SIDES: Triangle Potato Applesauce HM or IFF	Sliced Ham SIDES: Baked Potato Mixed Fruit HM or IFF	BBQ Pulled Pork & WG Bread Slice SIDES: Baked Beans Pineapple Tidbits HM or IFF	Diced Chicken SIDES: Steamed Green Beans 1/2 Banana HM or IFF	Deli Sandwich on WG Bun SIDES: Steamed Peas Diced Pears HM or IFF
PM	HM or IFF, Carrot Coins, WG Cheerios	HM or IFF, Banana, WG Goldfish	HM or IFF, Diced Peaches, Ritz Crackers	HM or IFF, Apricots, Cheerios	HM or IFF, Green Beans, Saltines

*Menu Subject to Change Without Notice

IFC - Iron Fortified Cereal

HM - Human Milk

IFF - Iron Fortified Formula

*This institution is an equal opportunity provider.