

	Monday 2	Tuesday 3	Wednesday 4 - National Taco Day	Thursday 5	Friday 6 - HG & SJW ONLY
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Mixed Fruit, WG Cheerios	HM or IFF, Cooked Apples, Saltines	HM or IFF, Sliced Pears, Goldfish	HM or IFF, Apricots, Club Crackers	HM or IFF, Banana, Graham Cracker
Lunch	Baked Chicken Breast SIDES: Mashed Potatoes Cooked Apple Slices HM or IFF	Cheeseburger Patty & WG Bread SIDES: Green Beans Sliced Pears HM or IFF	Taco Meat with Tortilla SIDES: Steamed Cauliflower Apricots HM or IFF	WG Macaroni & Cheese with Ham SIDES: Carrot Coins 1/2 Banana HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Black Beans Applesauce HM or IFF
PM	HM or IFF, Steamed Cauliflower, Bread Slice	HM or IFF, Carrot Coins, English Muffin	HM or IFF, Green Beans, Tortilla	HM or IFF, Cauliflower, Graham Cracker	HM or IFF, Carrot Coins, Goldfish
NATIONAL SCHOOL LUNCH WEEK					
	9	10	11 - Great Apple Crunch!	12	13
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Applesauce, WG Cheerios	HM or IFF, Pineapple Tidbits, Graham Cracker	HM or IFF, Banana, Goldfish	HM or IFF, Mixed Fruit, Bread Slice	HM or IFF, Sliced Peaches, Club Cracker
Lunch	Yogurt SIDES: Stir Fry Vegetables Pineapple Tidbits HM or IFF	Sloppy Joe on WG Bread SIDES: Carrot Coins Applesauce HM or IFF	Hot Dog & WG Bread SIDES: Baked Beans Mixed Fruit HM or IFF	Sliced Ham & WG Dinner Roll SIDES: Steamed Green Beans Sliced Peaches HM or IFF	Sliced Cheese & Bread Slice SIDES: Steamed Broccoli Diced Pears HM or IFF
PM	HM or IFF, Mixed Fruit, Graham Cracker	HM or IFF, Stirfry Veggies, Bread Slice	HM or IFF, Carrot Coins, English Muffin	HM or IFF, Baked Beans, Goldfish	HM or IFF, Green Beans, Tortilla
	16	17	18	19	20
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt 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 Applesauce & HM or IFF
AM	HM or IFF, Diced Pears, Bagel	HM or IFF, Mixed Fruit, Breadstick	HM or IFF, Sliced Pears, Saltines	HM or IFF, Applesauce, Graham Cracker	HM or IFF, Diced Pears, WG Cheerios
Lunch	Baked Chicken Breast SIDES: Sweet Potato Fries Mixed Fruit HM or IFF	Soft Shell Beef Taco on WG Tortilla SIDES: Refried Beans Diced Pears HM or IFF	Cottage Cheese SIDES: Peas Applesauce HM or IFF	Diced Chicken SIDES: Steamed Green Beans Diced Pears HM or IFF	Yogurt SIDES: Island Vegetables Sliced Peaches HM or IFF
PM	HM or IFF, Steamed Broccoli, WG Cheerios	HM or IFF, Applesauce, English Muffin	HM or IFF, Refried Beans, Tortilla	HM or IFF, Peas, Bread Slice	HM or IFF, Green Beans, Goldfish
	23	24	25	26 - HG & SJW ONLY	27 - HG & SJW ONLY
Brkfst	IFC or Yogurt Pineapple Tidbits & HM or IFF	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Hard Boiled Egg Diced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Sliced Peaches, Saltines	HM or IFF, Pineapple Tidbits, Graham Cracker	HM or IFF, Applesauce, Slice of Bread	HM or IFF, Mixed Fruit, Goldfish	HM or IFF, Mandarin Oranges, Graham Cracker
Lunch	WG French Toast Sticks & Sausage Patty SIDES: Triangle Potato Pineapple Tidbits HM or IFF	Yogurt SIDES: Carrot Coins Applesauce HM or IFF	Sliced Cheese & Bread Slice SIDES: Roasted Squash Mixed Fruit HM or IFF	Chicken and Gravy over Mashed Potatoes SIDES: Mashed Potatoes Mandarin Oranges HM or IFF	Hardboiled Egg & Bread Slice SIDES: Black Beans Diced Pears HM or IFF
PM	HM or IFF, Island Veggies, Slice of Bread	HM or IFF, Sliced Peaches, Club Crackers	HM or IFF, Carrot Coins, Tortilla	HM or IFF, Roasted Squash, Cheerios	HM or IFF, Mixed Fruit, Goldfish
	30	31 - HALLOWEEN	November 1	2	3
Brkfst	IFC or Yogurt Pineapple Tidbits & HM or IFF	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Hard Boiled Egg Diced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Mixed Fruit, Saltines	HM or IFF, Cooked Apple Slices, Bread Slice	HM or IFF, Banana, Goldfish	HM or IFF, Sliced Pears, Club Crackers	HM or IFF, Diced Peaches, English Muffin
Lunch	Cottage Cheese SIDES: Sweet Potato Fries Cooked Apple Slices HM or IFF	Taco Meat with Tortilla SIDES: Creepy Corn Ghost Banana HM or IFF	Baked Chicken Breast SIDES: Carrot Coins Sliced Pears HM or IFF	Yogurt SIDES: Baked Beans Diced Peaches HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Steamed Broccoli Applesauce HM or IFF
PM	HM or IFF, Diced Pears, Slice of Bread	HM or IFF, Carrot Coins, Club Crackers	HM or IFF, Corn, Tortilla	HM or IFF, Carrot Coins, Graham Cracker	HM or IFF, Baked Beans, Goldfish

*Menu Subject to Change Without Notice

IFC- Iron Fortified Cereal

HM - Human Milk

IFF - Iron Fortified Formula