

	Monday 30	Tuesday October 1	Wednesday 2	Thursday 3	Friday 4 - HOMECOMING
Brkfst	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Yogurt 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, Applesauce, Cheerios	HM or IFF, Pineapple Tidbits, Bagel	HM or IFF, Pineapple, Graham Cracker	HM or IFF, Mandarin Oranges, Bread Slice	HM or IFF, Diced Peaches, English Muffin
Lunch	Baked Chicken Breast SIDES: Corn Diced Pears HM or IFF	Cottage Cheese SIDES: Carrot Coins Pineapple Tidbits HM or IFF	Salisbury Steak SIDES: Mashed Potatoes 1/2 Banana HM or IFF	Breakfast Sandwich on WG Bread Sausage, Egg, & Cheese SIDES: Steamed Peas Diced Peaches HM or IFF	Taco Meat with Tortilla SIDES: Black Beans Applesauce HM or IFF
PM	HM or IFF, Carrot Coins, Slice of Bread	HM or IFF, Corn, Breadstick	HM or IFF, Carrot Coins, Tortilla	HM or IFF, Mixed Fruit, Cheerios	HM or IFF, Peas, Graham Cracker
7					
8					
9 - Great Apple Crunch!					
10					
11 - 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 Yogurt Mixed Fruit & HM or IFF	IFC or Cheese Cubes Applesauce & HM or IFF
AM	HM or IFF, Mixed Fruit, WG Cheerios	HM or IFF, Cooked Apples, Saltines	HM or IFF, Apricots, Goldfish	HM or IFF, Diced Peas, Club Crackers	HM or IFF, Banana, Graham Cracker
Lunch	Hamburger on WG Bread SIDES: Carrot Coins 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 & Bread Slice SIDES: Steamed Broccoli 1/2 Banana HM or IFF	Toasted Cheese WG Sandwich SIDES: Steamed Cauliflower Applesauce HM or IFF
PM	HM or IFF, Broccoli, Bread Slice	HM or IFF, Carrot Coins, English Muffin	HM or IFF, Black Beans, Tortilla	HM or IFF, Corn, Graham Cracker	HM or IFF, Broccoli, Goldfish
NATIONAL SCHOOL LUNCH WEEK					
14					
15					
16					
17					
18					
Brkfst	IFC or Yogurt Pineapple Tidbits & HM or IFF	IFC or Cottage Cheese 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, Diced Pears, Graham Cracker	HM or IFF, Banana, Goldfish	HM or IFF, Applesauce, Bread Slice	HM or IFF, Sliced Peaches, Club Cracker
Lunch	Yogurt SIDES: Sweet Potatoes Diced Pears HM or IFF	Sloppy Joe on WG Bread SIDES: Calico Beans Mixed Fruit HM or IFF	Baked Chicken Breast SIDES: Stir Fry Vegetables Applesauce HM or IFF	Cottage Cheese SIDES: Carrot Coins Sliced Peaches HM or IFF	Sliced Cheese & Bread Slice SIDES: Steamed Green Beans Mandarin Oranges HM or IFF
PM	HM or IFF, Mixed Fruit, Graham Cracker	HM or IFF, Carrot Coins, Bread Slice	HM or IFF, Calico Beans, English Muffin	HM or IFF, Stir fry Veggies, Goldfish	HM or IFF, Carrot Coins, Tortilla
21					
22					
23					
24					
25					
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, Mandarin Oranges, Bagel	HM or IFF, Applesauce, Crackers	HM or IFF, Diced Peas, Saltines	HM or IFF, Mandarin Oranges, Graham Cracker	HM or IFF, Diced Pears, WG Cheerios
Lunch	Baked Chicken Breast SIDES: Steamed Peas Applesauce HM or IFF	Soft Shell Beef Taco on WG Tortilla SIDES: Refried Beans Diced Pears HM or IFF	Cottage Cheese SIDES: Island Vegetables Mandarin Oranges HM or IFF	Diced Chicken SIDES: Steamed Green Beans Mixed Fruit HM or IFF	Yogurt SIDES: Glazed Carrots Diced Peaches HM or IFF
PM	HM or IFF, Green Beans, WG Cheerios	HM or IFF, Peas, English Muffin	HM or IFF, Refried Beans, Tortilla	HM or IFF, Island Veggies, Bread Slice	HM or IFF, Green Beans, Goldfish
28					
29					
30					
31 - HALLOWEEN, HG & SJW ONLY					
November 1 - HG & SJW ONLY					
Brkfst	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Yogurt 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, Diced Peaches, Saltines	HM or IFF, Applesauce, Graham Cracker	HM or IFF, Pineapple Tidbits, Slice of Bread	HM or IFF, Mixed Fruit, Goldfish	HM or IFF, Banana, Graham Cracker
Lunch	WG French Toast Sticks & Sausage Patty SIDES: Triangle Potato Applesauce HM or IFF	Yogurt SIDES: Roasted Squash Pineapple Tidbits HM or IFF	Sliced Cheese & Bread Slice SIDES: Baked Beans 1/2 Banana HM or IFF	Chicken and Gravy over Mashed Potatoes SIDES: Mashed Potatoes Mixed Fruit HM or IFF	Fish Sandwich on WG Bread SIDES: Carrot Coins Diced Peas HM or IFF
PM	HM or IFF, Carrot Coins, Slice of Bread	HM or IFF, Diced Peaches, Club Crackers	HM or IFF, Roasted Squash, Tortilla	HM or IFF, Carrot Coins, Cheerios	HM or IFF, Mixed Fruit, Goldfish

*Menu Subject to Change Without Notice

IFC - Iron Fortified Cereal

HM - Human Milk IFF - Iron Fortified Formula