

October

2022



Calendar Month

Calendar Year

Monday	Tuesday	Wednesday	Thursday	Friday
03 Cereal Orange Milk ^{1*}	04 Hard Boiled Eggs ² Pancake ¹²³⁶ Banana Milk ^{1*}	05 Whole Wheat Pita Bread ³⁶ Cream Cheese ¹ Melon Milk ^{1*}	06 Oatmeal ¹ Raisins Melon Milk ^{1*}	07 Cereal Pineapple Milk ^{1*}
10 CLOSED	11 Cereal Melon Milk ^{1*}	12 Turkey Sausage Patty Pancake ¹²³⁶ Melon Milk ^{1*}	13 Yogurt ¹ Pineapple Milk ^{1*}	14 Oatmeal ¹ Raisins Banana Milk ^{1*}
17 Cereal Orange Milk ^{1*}	18 Hard Boiled Eggs ² Whole wheat bread ³⁶ Banana Milk ^{1*}	19 Whole Wheat Pita Bread ³⁶ Provolone Cheese ¹ Pineapple Milk ^{1*}	20 Oatmeal ¹ Raisins Melon Milk ^{1*}	21 Cereal Melon Milk ^{1*}
24 Cereal Orange Milk ^{1*}	25 Turkey Sausage Patty Pancake ¹²³⁶ Banana Milk ^{1*}	26 Yogurt ¹ Pineapple Milk ^{1*}	27 Oatmeal ¹ Raisins Orange Milk ^{1*}	28 Cereal Melon Milk ^{1*}
31 Cereal Orange Milk ^{1*}	01 Hard Boiled Eggs ² Whole grain waffle ¹²³⁶ Banana Milk ^{1*}	02 Whole Wheat Pita Bread ³⁶ Low-fat Cream Cheese ¹ Pineapple Milk ^{1*}	03 Oatmeal ¹ Raisins Melon Milk ^{1*}	04 Cereal Melon Milk ^{1*}

Notes: This menu is subject to change

Green: Local Products

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

*Milk: 1 yr-old children (Unflavored Whole Milk)
2-5 yrs-old (Unflavored 1% Milk)

This institution is an equal opportunity provider

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
03 Black Beans ⁵ Green Salad Brown rice Apple Milk* ¹	04 Chicken Stir Fry w/ green beans ⁶ Barley & Quinoa ³ Melon Milk* ¹	05 Beef & corn tacos Lettuce & cheese ¹ Whole wheat tortilla ³⁶ Pear Milk* ¹	06 Chicken Legs ⁶ Broccoli Whole Wheat Roll ³⁶ Strawberries Milk* ¹	07 Beef Bolognesa w/ diced tomatoes Whole wheat pasta ³ Orange Milk* ¹
10 CLOSED	11 Lentils w/ carrots & spinach ⁷ Brown rice Apple Milk* ¹	12 Chicken Alfredo ¹ Green Salad Whole wheat pasta ³ Pear Milk* ¹	13 Spanish Tortilla ¹² Coleslaw Ww pita bread ³⁶ Pineapple Milk* ¹	14 Beef w/ Fried rice w/ peas & carrots ⁶ Green Salad Orange Milk* ¹
17 Vegetarian Chili w/ tomatoes & carrots ⁵ Brown rice Apple Milk* ¹	18 Chicken Legs ⁶ Broccoli Whole Wheat Roll ³⁶ Strawberries Milk* ¹	19 Beef & corn tacos Lettuce & cheese ¹ Whole wheat tortilla ³⁶ Pineapple Milk* ¹	20 Garbanzo Fried Rice w/ peas & carrots ⁵⁶ Cucumbers Orange Milk* ¹	21 Chicken Pesto Pata w/ tomatoes, cheese & spinach ¹³ Green Salad Pear Milk* ¹
24 Lentil Vegetarian Bolognese ⁷ Whole wheat pasta ³ Apple Milk* ¹	25 Chicken Fried Rice w/ peas & carrots ⁶ Green Salad Strawberries Milk* ¹	26 Beef Stir Fry w/ green beans ⁶ Barley & Quinoa ³ Melon Milk* ¹	27 Bean tacos Lettuce & cheese ¹ Whole wheat tortilla ³⁶ Pineapple Milk* ¹	28 Chicken Paella w/ green beans & peppers Green Salad Orange Milk* ¹
31 Black Beans ⁵ Green Salad Arroz integral Apple Milk* ¹	01 Baked Penne Pasta w/ beef, cheese & diced tomatoes ¹³ Cucumbers Melon Milk* ¹	02 Tuna Fried Rice w/ peas & carrots ⁴⁶ Green Salad Pineapple Milk* ¹	03 International Day 	04 Beef Bolognesa w/ diced tomatoes Whole wheat pasta ³ Orange Milk* ¹

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Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
03 Cheese ¹ Melon	04 Pretzels ³⁶ Pineapple	05 Yogurt ¹ Banana	06 Apple Muffin ¹²³⁶ Orange	07 Graham Crackers ³⁶ Strawberries
10 CLOSED	11 Cheese ¹ Banana	12 WW Animal Crackers ³⁶ Pineapple	13 Apple Muffin ¹²³⁶ Melon	14 Yogurt ¹ Orange
17 Pretzels ³⁶ Melon	18 WG Cheez it crackers ¹³⁶ Banana	19 Yogurt ¹ Orange	20 WW Animal Crackers ³⁶ Melon	21 WG Goldfish ¹³ Strawberries
24 Graham Crackers ³⁶ Pineapple	25 Apple Muffin ¹²³⁶ Orange	26 Pretzels ³⁶ Melon	27 WW Animal Crackers ³⁶ Pineapple	28 Yogurt ¹ Melon
31 Cheese ¹ Banana	01 Pretzels ³⁶ Orange	02 Yogurt ¹ Melon	03 Apple Muffin ¹²³⁶ Pineapple	04 WG Cheez it crackers ¹³⁶ Strawberries

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Snack