



ACC October Menu 2017

Aqua = Infant "Soft Food" Alternative

Fruits & Vegetables of the Month: Raisins, Figs, Sweet Peppers & Cauliflower

Indicated Daily Required Whole Grain Component



2		3		4		5		6	
Banana Muffin Bread Mango Cubes Bean & Cheese Burrito in a Whole Wheat Tortilla , Spinach Berry Salad w/ & Figs, Peaches Animal Crackers Applesauce		Corn Muffin Hash Brown Patty w/ Ketchup Turkey Hot Dog on Whole Grain Bun , Baked Beans, Melon Cubes Sunflower Butter Ritz Crackers		Wheat Bread w/ Fig Jam Pears Chicken Potstickers , Peas & Carrots, Pineapple Whole Grain Goldfish Crackers Banana		Cinnamon Raisin Bagel w/ Butter Chip Orange Wedges Whole Wheat Spaghetti & Meat Sauce , Roasted Cauliflower , Grapes Apple Slices Cheese Cubes		Krispy Rice Cereal Berries Green Lentil Soup , Whole Wheat Pita Bread , Cucumber Coins Cheesy Crackers Mandarin Oranges	
9		10		11		12		13	
Whole Wheat Bagel w/ Cream Cheese Fruit Cup Chicken Drumstick , Cauliflower Mashed Potatoes , Grapes, Bread Stick Wheat Thins/Whole Grain Ritz Crackers Cheese Sticks		Spiced Oatmeal Raisins/Berries Macaroni & Cheese w/ Edamame , Green Peas, Peas Whole Grain Chex Mix Peaches		Zucchini Muffin Bread Melon Cubes Teriyaki Chicken , Whole Grain Brown Rice , Steamed Asian Vegetables w/ Peppers , Pineapple Chunks Animal Crackers Apple Slices		Toasted Oat Cereal Banana Whole Wheat Quesadillas w/ Cheese , Corn & Bean Salad, Watermelon <u>Ants on a Log:</u> Celery Sticks Filled with Sunflower Butter & Topped w/ Raisins Ritz Crackers & Sunflower Butter		Corn Flakes Mango Cubes Fish Nuggets , Whole Grain Wild Rice , Fruit Salad, Bell Pepper Strips Raw Cauliflower Bites/ Cucumber Coins Hummus	
16		17		18		19		20	
Whole Grain Rice Chex Mandarin Oranges 4oz Yogurt Cup/6oz Yogurt Cup , Granola, Carrot Sticks/Cucumber Coins, Peaches Whole Grain Graham Crackers Grapes		Waffle w/ Syrup Banana Chicken Fingers w/ BBQ , Cut Corn, Carrot Salad w/ Raisins , Whole Wheat Dinner Roll Animal Crackers Apple Slices		Cinnamon Raisin Bread Berries Orange Chicken , Brown Rice , Steamed Vegetables, Mandarin Oranges Pretzel Sticks Cheese Cubes		Whole Grain Honey Lemon Loaf Pears Chicken Penne w/ Red Pepper Alfredo Sauce , Roasted Vegetables w/ Cauliflower , Watermelon Whole Wheat Pita Hummus		Berry Muffin Bread Melon Cubes Fish Ole , Whole Grain Wild Rice , Latin Cabbage & Corn Salad, Fresh Fruit Greek Yogurt Vegetable Dip Fresh Cut Vegetables/ Cucumber Coins	
23		24		25		26		27	
Krispy Rice Cereal Canned Apricots Chicken, Brown Rice & Broccoli Casserole , Spinach & Berry Salad Chex Mix Applesauce		Cheesy Grits Peaches Breaded Pork Patty , Whole Wheat Dinner Roll , Roasted Cauliflower, Cantaloupe Cubes Tortilla Chips & Salsa Pita Bread/Mashed Avocado		Frosted Mini Wheats Banana Grilled Chicken Breast Strips , Israeli Couscous Salad w/ Raisins , Pineapple Fresh Figs (if available) & Apples Wheat Thins/Whole Grain Ritz Crackers		Corn Muffin Mandarin Oranges Hamburger on Whole Grain Bun , Sweet Potato Puffs, Spinach Berry Salad w/ Figs String Cheese Stick Apple Slices		Crepe Mixed Berries & Spiced Yogurt Stir-Fry Whole Grain Rice, Eggs & Ham , Pineapple, Orange Wedges Animal Crackers Pears	
30		31							
Whole Wheat Bagel w/ Cream Cheese Peaches Beef Soft Tacos w/ Cheese , Lettuce & Tomato, Pineapple Chunks Whole Grain Goldfish Crackers Grapes		French Toast w/ Syrup Mango Hawaiian Chicken Filling , Whole Wheat Wrap , Mandarin Oranges <u>Yogurt Parfait:</u> Vanilla Yogurt, Granola & Berries							