



## ACC October Menu 2018

**Aqua = Infant "Soft Food" Alternative**  
**Indicated Daily Required Whole Grain Component**



Fruits & Vegetables of the Month: Cranberry, Persimmons, Spinach, Pumpkin

<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	
<p>WG Pancake w/ Syrup Pears</p> <p><b>Chicken Potstickers</b>, Shelled Edamame, Mandarin Oranges</p> <p>WG Wheat Thins/<b>Toasted Oat Cereal</b> Peaches</p>		<p>Krispy Rice Cereal Apricots</p> <p><b>WW Cheese Quesadillas w/ Salsa, Spinach &amp; Cranberry</b> Salad w/ Goat Cheese (Balsamic Dressing), Black Beans</p> <p>Pretzels Applesauce</p>		<p><b>WW Bagel</b> w/ Cream Cheese Cantaloupe Cubes</p> <p><b>Pesto Cheese Tortellini</b>, White Beans, Yellow Squash, Apple Slices</p> <p><b>Pumpkin Yogurt Parfait</b> w/ WG Granola</p>		<p>Zucchini Bread Muffin Canned Fruit Salad</p> <p><b>WG Hot Dog Bun</b>, Turkey Hot Dog, Ketchup Packet, Baked Beans, Cucumber Coins</p> <p>Animal Crackers Plum</p>		<p>Crepe Raspberries &amp; Vanilla Yogurt</p> <p><b>WW Baked Ziti</b>, <b>Sauteed Garlic Spinach</b>, Grapes</p> <p>Chex Mix Fresh Fruit Salad</p>	

<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>	
<p><b>WW Biscuit</b> w/ Apple Butter Peaches</p> <p><b>Fish Nuggets w/ Tartar Sauce</b>, Garlic Roasted Broccoli, Applesauce, Hawaiian Roll</p> <p>WG Rice Cake Sunflower Butter</p>		<p>Spiced Oatmeal Pears</p> <p><b>Chicken Fingers w/ BBQ, WW Dinner Roll</b>, Cut Corn, Apple Slices</p> <p>Bell Pepper Strips Hummus</p>		<p>Corn Flakes Banana</p> <p><b>Chicpea Curry, WG Brown Rice</b>, Yellow Squash, Honeydew</p> <p>Cheesy Crackers Grapes</p>		<p><b>Pumpkin Muffin Bread</b> Cantaloupe</p> <p><b>WG Hamburger w/</b> Ketchup Packet, Sweet Potato Puffs, Carrot Salad</p> <p>Graham Crackers Fruit Cocktail</p>		<p>WG Rice Chex Apricot Halves</p> <p><b>Tuna Salad</b>, Pita Pocket, <b>Spinach &amp; Persimmon Salad w/ Pumpkin Seeds &amp; Citrus Dressing</b>, Plum</p> <p>WG Goldfish Crackers Fresh Fruit Salad</p>	

<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>	
<p>Cinnamon Raisin Bread Peaches</p> <p><b>WW Mac &amp; Cheese w/ Diced Ham</b>, Green Peas, <b>Spinach</b> Berry Salad w/ Poppysseed Dressing</p> <p>Pretzels Pears</p>		<p>Hard-Boiled Egg Hash Brown Patty w/ Ketchup</p> <p><b>Build-Your-Own: WW Bean &amp; Cheese Burrito</b>, Baked Carrot Stick Fries, Pineapple Chunks</p> <p>Apple Slices Deli Turkey Slices</p>		<p>4oz Yogurt Cup Cantaloupe Cubes</p> <p><b>WW Spaghetti &amp; Meat Sauce</b>, Cucumber Coins, ½ Banana</p> <p>Animal Crackers Grapes</p>		<p>Orange <b>Cranberry</b> Muffin Canned Fruit Salad</p> <p><b>Chicken Drumstick</b>, Green Beans, <b>WG Peppy Quinoa</b>, Orange Wedges</p> <p>Egg Salad Ritz Crackers</p>		<p>WG Toasted Oat Cereal Fresh Fruit</p> <p><b>Cheese Tortellini Soup w/ White Beans &amp; Spinach</b>, Bell Pepper Strips</p> <p>WW Pita Bread Hummus</p>	

<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>	
<p>WG Honey Lemon Loaf Pears</p> <p><b>Chicken &amp; Broccoli Casserole w/ Rice</b>, Mandarin Oranges</p> <p>WG Rice Cake Sunflower Butter</p>		<p>WG Cinnamon French Toast Sticks, Peaches</p> <p><b>Chicken Soft Taco w/ Cheese</b>, Lettuce &amp; Tomato, Corn &amp; Bean Salad</p> <p>WG Graham Crackers Apple Slices</p>		<p>Mini Bagel w/ <b>Pumpkin Pie Spread</b> Berries</p> <p><b>WW Penne Pasta, Kidney Bean Red Pepper Alfredo Sauce, Sauteed Garlic Spinach</b>, ½ Banana</p> <p>Chex Mix Cantaloupe Cubes</p>		<p>Corn Muffin Canned Fruit Salad</p> <p><b>Orange Chicken, WG Brown Rice</b>, Zucchini, Pineapple Chunks</p> <p>Ritz Crackers Cheese Slices</p>		<p>Assorted Low-Sugar Cereals, Fresh Fruit Salad</p> <p><b>Turkey Sandwich on WW Bread w/ Cranberry</b> Pesto Spread, Bell Pepper Strips, Plum</p> <p>Animal Crackers Berry Yogurt</p>	

<b>30</b>		<b>31</b>					
<p>WG Frosted Mini Wheats Pears</p> <p><b>Pork Patty</b>, Steamed Vegetables, Breadstick, Applesauce</p> <p>WG Goldfish Crackers Mandarin Oranges</p>		<p>Cheesy Grits Peaches</p> <p><b>Stir-fried WG Rice Eggs &amp; Ham</b>, w/ <b>Spinach</b>, Pineapple Chunks</p> <p>Cheese Stick Apple Slices</p>		<p>Cinnamon Raisin Bagel w/ Cream Cheese Melon Cubes</p> <p><b>Chicken Teriyaki, WG Brown Rice</b>, Roasted Broccoli, ½ Banana</p> <p>Homemade <b>Pumpkin Pudding</b> Granola</p>			

