



ACC October Menu 2019

Yellow = Infant "Soft Food" Alternative
 Indicated Daily Required Whole Grain Component
 Fruits & Vegetables of the Month: Pear & Pumpkin



		1		2		3		4	
		<p>WW Bagel, Pumpkin Cream Cheese, Canned Apricots, Milk</p> <p>Beef Soft Taco (Tortilla, Taco Beef, Shredded Cheese), Lettuce & Tomato, Pineapple Chunks, Salsa, Milk</p> <p>WG Ritz Crackers, Tajin Seasoned Persian Cucumber Coins</p>		<p>Hard-Boiled Egg, Diced Mango, Milk</p> <p>Pork Patty, Orange Wedges, WG Oodles of Noodles w/ Greens & Tomatoes, Milk</p> <p>Green Apple Slices, Sunflower Butter</p>		<p>Pumpkin Muffin Bread, Applesauce, Milk</p> <p>Chana Masala, Mandarin Oranges, WG Wild Rice, Milk</p> <p>Cheezy Crackers, Mixed Fruit Cocktail w/ Pears</p>		<p>Crepe, Warm Baked Apples & Raisins, Milk</p> <p>NEW! Mini Black Bean Pocket (Seasoned Black Beans & WW Pita Pocket), Carrot Sticks/Cucumber Coins, Fresh Fruit Salad, Milk</p> <p>Chex Mix Banana</p>	

7		8		9		10		11	
<p>WG Toasted Oat Cereal, Tropical Fruit Salad, Milk</p> <p>Chicken Potstickers, Peas & Carrots, Pineapple Chunks, Milk</p> <p>WG Goldfish Crackers, Canned Peaches</p>		<p>WW Biscuit w/ Apple Butter, Canned Apricot Halves, Milk</p> <p>Chicken Alfredo w/ Penne Pasta, Roasted Vegetables, Orange Wedges, Milk</p> <p>WG Granola, Homemade Pumpkin Pudding</p>		<p>Cinnamon Raisin Bread, Melon Cubes, Milk</p> <p>WW Chow Mein Noodles w/ Edamame & Carrots, Spinach & Mandarin Salad, Sesame Dressing to Toss, Milk</p> <p>Pretzels ½ Whole Pear (teachers to slice)</p>		<p>WG Honey Lemon Loaf, Mango Cubes, Milk</p> <p>Baked Chicken & Cheese Enchilada, Black Beans, Apple Slices, Milk</p> <p>WW Pita Wedges, Hummus</p>		<p>WG Cheesy Grits, Peaches, Milk</p> <p>Israeli Couscous Salad w/ Peas, Deli Turkey Slices, Persian Cucumber Coins, Milk</p> <p>½ Banana Sunflower Butter Wrap; WW Tortilla, Sunflower Butter, Banana</p>	

14		15		16		17		18	
<p>Krispy Rice Cereal, Canned Peaches, Milk</p> <p>Fish Nuggets, Green Peas, Mandarin Oranges, WW Dinner Roll, Tartar Packet, Milk</p> <p>Tropical Fruit Salad, Cottage Cheese</p>		<p>Hard-Boiled Egg, Canned Pears, Milk</p> <p>WW Cheese Quesadillas, Corn & Bean Salad, Mango Cubes, Milk</p> <p>Bell Pepper Strips/Cucumber Coins, Yogurt Dip</p>		<p>Corn Flakes Cereal, Banana, Milk</p> <p>Teriyaki Chicken, WG Brown Rice, Roasted Broccoli, Pineapple Chunks, Milk</p> <p>Apple Sandwiches: Apple Wheels, Shredded Coconut, Sunflower Butter</p>		<p>Applebutter Spice Muffin Bread, Orange Wedges, Milk</p> <p>WG Baked Ziti, Steamed Italian Vegetables, Spinach & Pear Salad w/ Pepitas & Goat Cheese, Dressing to Toss, Milk</p> <p>Animal Crackers, Pumpkin Spice Yogurt</p>		<p>Sausage Patty, Hash Brown Patty, Ketchup Packet, Milk</p> <p>WW Minestrone Pasta Salad w/ Tomatoes, Zucchini & Carrots, Mixed Canned Fruit, Milk</p> <p>Chex Mix, Applesauce</p>	

21		22		23		24		25	
<p>WG Granola, Pears, Milk</p> <p>Chicken Fingers, Cut Corn, Pineapple Chunks, Hawaiian Roll, BBQ Sauce, Milk</p> <p>WG Wheat Thins/WG Ritz Crackers, Cheese Stick</p>		<p>Mini Bagel, Cream Cheese, Peaches, Milk</p> <p>WG Bean & Cheese Pupusa, Lentils of the Southwest, Cabbage Salad, Dressing to Toss, Milk</p> <p>Pretzels, Grapes</p>		<p>Zucchini Bread Muffin, Melon Cubes, Milk</p> <p>Fish Ole, Roasted Vegetables, Mixed Fruit Salad, Wild Rice, Milk</p> <p>Graham Crackers, Pumpkin Cream Cheese, Apple Slices</p>		<p>WG Frosted Mini Wheats, Mango Cubes, Milk</p> <p>Mild Chickpea Curry, WG Brown Rice, Roasted Zucchini, Orange Wedges, Milk</p> <p>WG Goldfish Crackers, Cheese Cubes</p>		<p>Cottage Cheese, Tropical Fruit Salad, Milk</p> <p>NEW! Asian Chicken Lettuce Wraps: Chicken Filling, Butter Lettuce Leaves, Mandarin Oranges, WG Brown Rice, Milk</p> <p>Cheezy Crackers, Banana</p>	

28		29		30		31			
<p>Yogurt Cup, Pears, Milk</p> <p>WG Turkey Hot Dog, Carrot Sticks/Cut Corn, Mandarin Oranges, Ketchup Packet, Milk</p> <p>Pretzels, Fruit Cocktail</p>		<p>WG Bran Flakes, Peaches, Milk</p> <p>Sweet Three-Bean Chili, Grapes, Hawaiian Roll</p> <p>Pear & Ricotta Toast: WW Bread, Thinly Sliced Pear, Ricotta Cheese</p>		<p>Hard-Boiled Egg, Orange Wedges, Milk</p> <p>NEW! Porcupine Sliders: Turkey Burgers, Lettuce & Tomato Slices, Apple Wedges, WW Slider Roll, Milk</p> <p>Bell Pepper Strips/Cucumber Coins, Hummus</p>		<p>Pumpkin Muffin, Pineapple Rings, Milk</p> <p>Chicken Posole w/ Hominy, Shredded Cabbage Onion and Cilantro, WG Corn Tortilla Chips/WG Corn Tortilla, Milk</p> <p>Ritz Crackers, Egg Salad</p>			

Milk is provided at Breakfast and Lunch. Whole milk for 1 year olds and Low Fat milk for 2 to 5 year olds.
 This institution is an equal opportunity provider.

