



MENU FOR WEEK OF OCTOBER 05, 2020

Indicated Daily Required Whole Grain Component



5	6	7	8	9
Frosted Mini Wheats, Canned Pears, Milk Beef Patty, Hamburger Bun, Ketchup, Mixed Vegetables, Peaches, Milk <i>WG Granola Bar/ Rainbow=WG Granola</i> Yogurt Cup	Turkey Sausage Patty, Breakfast Potatoes, Ketchup, Milk WW Cheese Quesadillas w/ Salsa, Pineapple Chunks, Cumin Black Beans, Milk Gala Apple Slices Sunflower Butter	French Toast Sticks or Pancake, Syrup, Melon Cubes, Milk Three-Bean Chili, Corn Muffin, Grapes, Milk <i>WG Goldfish Crackers</i> Green Apple Slices	<i>WW Bagel,</i> Cream Cheese, Peaches, Milk Chicken Fingers or Pork Patty, BBQ Sauce, Dinner Roll, Zucchini Coins, ½ Banana, Milk Pretzels Cheese Stick	Berry Muffin, Mixed Fruit, Milk <i>WW Tortilla, Hawaiian Chicken</i> Filling w/Carrots & Broccoli, Mandarin Oranges, Milk Crackers, Fruit

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.