


WEEK OF OCTOBER 22 PROPOSED MENU

	BREAKFAST	LUNCH	DINNER	SNACK
MON 10/22/18	100% Fruit Punch Oatmeal with Syrup Dates Milk and Water	Fish Taco Chuck Wagon Corn Baby Carrots Sliced Pears Milk and Water	Spaghetti with Bolognese Sauce Winter Vegetables Italian Bread with Margarine Cookies Milk and Water	Fritos Corn Chips & Milk
TUE 10/23/18	Apple Juice Whole Grain Blueberry Muffin with Margarine & Jelly Mandarin Oranges Milk and Water	Mexican Chicken Bowl Fruit Cocktail Milk and Water	Bratwurst on Roll with Sauerkraut Carrots Frozen Chocolate Éclair Milk and Water	Cheese Twists & Milk
WED 10/24/18	Cranberry Juice Coyote Grill Quesadilla with Salsa Peach Halves Milk and Water	Roasted Garlic and Quinoa Burger on Whole Wheat Roll with Lettuce and Pesto Spinach Spread Three Bean Salad Celery Sticks Applesauce Milk and Water	Chicken Breast with Cacciatore Sauce over Buttered Noodles Salad with Salad Dressing Dinner Roll with Margarine Pineapple Rings Milk and Water	Cheez It Crackers & Milk
THUR 10/25/18	Orange Juice Whole Grain Waffles with Warmed Stewed Apples Milk and Water	<u>California Cobb Salad</u> Chicken Strips, Avocado, Egg, Bacon, Tomato Wedges over Salad Greens with Green Goddess Dressing Whole Wheat Dinner Roll with Margarine Fresh Fruit Milk and Water	Beef Fajitas with Fixings Rice Mandarin Oranges Milk and Water	Graham Crackers & Milk
FRI 10/26/18	Apple Juice Scrambled Egg Whole Grain Bagel with Margarine and Jelly Fruit Cocktail Milk and Water	Honey Sriacha Boneless Chicken Wings with Sweet and Sour Sauce Stir Fried Rice Tossed Salad with Cherry Tomatoes and Salad Dressing Whole Wheat Dinner Roll with Margarine Sliced Peaches Milk and Water	Battered Pollock Wedge Au Gratin Potatoes Peas Cookies Milk and Water	Goldfish Crackers & Milk
SAT 10/27/18	Grape Juice Whole Wheat Toast with Margarine & Jelly Tasteos Fresh Fruit Milk and Water	Meatballs on Roll Broccoli Celery Sticks Pear Halves Milk and Water	Baked Herb Chicken Macaroni & Cheese Green Beans Dinner Roll with Margarine Chocolate Pudding Milk and Water	Pretzels & Milk
SUN 10/28/18	Orange Juice WG Raspberry Churros Enriched Bran Flakes Pineapple Chunks Milk and Water	Sausage Patty Whole Grain Pancakes with Syrup Salad with Cherry Tomatoes and Salad Dressing Fruit Salad Milk and Water	Country Fried Beef Steak with Country Gravy Mashed Potatoes Collard Greens  Applesauce Milk and Water	Vanilla Wafers & Milk

****ALERT! BRATWURST IS A CHOKING HAZARD. SEE DIET MENU FOR SPECIAL HANDLING INSTRUCTIONS**

****No Pork**

