



WEEK OF OCTOBER 8 PROPOSED MENU

| | BREAKFAST | LUNCH | DINNER | SNACK |
|------------------|--|--|---|-----------------------------------|
| MON 10/8/18 | Grape Juice Tasteos with Cranberries Milk and Water | Breaded Cheese Pollock with Lettuce and Tomato on a Roll Green Beans Baby Carrots Fruit Cocktail Frozen Vanilla Yogurt Milk and Water | Cheese Ravioli with Tomato Sauce California Vegetables Italian Bread with Margarine Brownie Milk and Water | Cheese Twists & Milk |
| TUE 10/9/18 | Cranberry Juice Whole Grain Pancakes with Syrup Applesauce Milk and Water | Philly Cheese Steak on Whole Wheat Roll Mixed Vegetables Celery Sticks with Ranch Dressing Fresh Fruit Milk and Water | Chicken Caesar Salad Dinner Roll with Margarine Mandarin Oranges Butterscotch Pudding Milk and Water | Vanilla Wafers & Milk |
| WED 10/10/18 | Orange Juice Scrambled Eggs Whole Wheat Toast with Margarine and Jelly Fruit Salad Milk and Water | Pizza Pocket with Marinara Sauce Sliced Carrots Pineapple Chunks Milk and Water | Macaroni & Cheese Stewed Tomatoes Dinner Roll with Margarine Frozen Chocolate Éclair Bar Milk and Water | Graham Crackers & Milk |
| THUR 10/11/18 | 100% Fruit Punch Enriched Bran Flakes Fresh Fruit Milk and Water | Turkey Dogs on Whole Grain Rolls  with Sauerkraut Bean and Broccoli Salad Peach Halves Milk and Water | Cold Plate Southwestern Wrap Potato Salad Spiced Applesauce Milk and Water | Cheeze It Crackers & Milk |
| FRI 10/12/18 | Grape Juice Whole Wheat Toast with Margarine and Jelly Fruit Cocktail Milk and Water | Chili Cheese Nachos Chuck Wagon Corn Sliced Pears Milk and Water | BBQ Pork Chop Au Gratin Potatoes Peas Chocolate Cake Milk and Water | Goldfish Crackers & Milk |
| SAT 10/13/18 | Apple Juice Oatmeal with Syrup Sliced Peaches Milk and Water | Fresh Baked Pizza (Unit to Bake) with Mushroom Tossed Salad with Cherry Tomatoes and Salad Dressing Fresh Fruit Milk and Water | Grilled Turkey/Bacon  Cheddar Cheese On WG White Bread with Ranch Dressing Mixed Vegetables Strawberry Ice Cream Milk and Water | Fritos Corn Chips & Milk |
| SUN 10/14/18 | Orange Juice Dutch Waffle with Warm Stewed Apples Milk and Water | Hamburger on Whole Wheat Roll Three Bean Salad Broccoli Florets Tropical Fruit Salad Milk and Water | Tangerine Chicken Rice Normandy Vegetables Dinner Roll with Margarine Hawaiian Ambrosia Milk and Water | Cookies & Milk |

****ALERT! TURKEY HOT DOGS ARE A CHOKING HAZARD. SEE DIET MENU FOR SPECIAL HANDLING INSTRUCTIONS**

****No Pork**

