

# October 2024

Monday

Tuesday

Wednesday

Thursday

Friday

1	<b>Breakfast<sup>1</sup></b> WG Biscuit Strawberries Yogurt  <b>Lunch<sup>1</sup></b> WG Egg & Cheese English Muffin Sandwich Peas and Carrots Pears & Blueberries  <b>Snack<sup>2</sup></b> WG Toast Peaches	30	<b>Breakfast<sup>1</sup></b> WG Tasteros Mandarin Oranges  <b>Lunch<sup>1</sup></b> Chicken Roll Up WG Tortilla Diced Chicken Shredded Cheese Cucumbers Mixed Fruit Cocktail  <b>Snack<sup>2</sup></b> Mozzarella Cheese Stick Apple	October 1	<b>Breakfast<sup>1</sup></b> WG Bagel Tropical Fruit Cream Cheese  <b>Lunch<sup>1</sup></b> Bean Chili Cheese Slice WG Flatbread Romaine Spinach Salad Cantaloupe  <b>Snack<sup>2</sup></b> WG Granola Greek Vanilla Yogurt	2	<b>Breakfast<sup>1</sup></b> WG French Toast Sticks Applesauce  <b>Lunch<sup>1</sup></b> Beef Patty Cheese Slice WG Bun Pickles Bell Pepper Slices Banana  <b>Snack<sup>2</sup></b> WG Snack Mix Pea Pods & Carrots	3	<b>Breakfast<sup>1</sup></b> WG Apple Cinn Muffin Pineapple  <b>Lunch<sup>1</sup></b> WG Cheese and Black Bean Quesadilla Tomato Slices Blueberries  <b>Snack<sup>2</sup></b> WG English Muffin Pizza Sauce Shredded Cheese	4	
2	<b>Breakfast<sup>1</sup></b> WG Pancake Peaches Mozzarella Cheese Stick  <b>Lunch<sup>1</sup></b> WG Chicken Tenders Carrots Pears  <b>Snack<sup>2</sup></b> WG Graham Cracker Applesauce	7	<b>Breakfast<sup>1</sup></b> WG Kix Sunshine Fruit  <b>Lunch<sup>1</sup></b> Sunbutter Sandwich Mozzarella Cheese Stick Cauli & Broc Blackberries  <b>Snack<sup>2</sup></b> WG Tortilla Chips Salsa Pineapple	8	<b>Breakfast<sup>1</sup></b> WG English Muffin Mango  <b>Lunch<sup>1</sup></b> Beef Meatballs Shredded Cheese WG Breadstick Mashed Potatoes Orange Slices  <b>Snack<sup>2</sup></b> WG Blueberry Muffin Mixed Fruit Cocktail	9	<b>Breakfast<sup>1</sup></b> WG Toast Apple  <b>Lunch<sup>1</sup></b> Deli Turkey Slices WG Flatbread Three Sisters Soup Blueberries  <b>Snack<sup>2</sup></b> Ritz Crackers Cheese Slice	10	<b>Breakfast</b> WG Waffle Sticks Pears and Blueberries  <b>Lunch</b> WG Cheese Pizza Cucumbers Strawberries  <b>Snack</b> Strawberry Banana Smoothie WG Bagel Cream Cheese	11	
3	<b>Breakfast</b> WG Bagel Orange Slices Egg Patty Cream Cheese  <b>Lunch<sup>1</sup></b> WG Fish Nuggets WG Bread Stick Peas Mixed Berries  <b>Snack<sup>2</sup></b> WG Toast Peaches	14	<b>Breakfast<sup>1</sup></b> WG Apple Cinn Muff Pineapple  <b>Lunch<sup>1</sup></b> Deli Turkey Cheese Slice WG Dinner Roll Cucumbers Cantaloupe  <b>Snack<sup>2</sup></b> Mozzarella Cheese Stick Apple	15	<b>Breakfast<sup>1</sup></b> WG Pancake Strawberry Banana Smoothie  <b>Lunch<sup>1</sup></b> WG Beef Spaghetti Mozzarella Cheese Stick Cauli & Broc Pears  <b>Snack<sup>2</sup></b> WG Granola Greek Vanilla Yogurt	16	<b>Breakfast<sup>1</sup></b> WG Tasteros Pears & Blueberries  <b>Lunch<sup>1</sup></b> WG Popcorn Chicken Bell Pepper Slices Banana  <b>Snack<sup>2</sup></b> WG Snack Mix Pea Pods & Carrots	17	<b>REACH-UP CLOSED</b>		18
4	<b>Breakfast<sup>1</sup></b> WG Toast Strawberries Mozzarella Cheese Stick  <b>Lunch<sup>1</sup></b> BBQ Beef WG Dinner Roll Peas Tropical Fruit  <b>Snack<sup>2</sup></b> WG Graham Cracker Applesauce	21	<b>Breakfast<sup>1</sup></b> WG Peachy Oatmeal Bake Apple  <b>Lunch<sup>1</sup></b> Vanilla Yogurt WG French Toast Sticks Carrots Mixed Berries  <b>Snack<sup>2</sup></b> WG Tortilla Chips Salsa Pineapple	22	<b>Breakfast<sup>1</sup></b> WG Kix Sunshine Fruit  <b>Lunch<sup>1</sup></b> Chicken Taco WG Tortilla Shredded Cheese Romaine Spinach Salad Mango & Berries  <b>Snack<sup>2</sup></b> WG Blueberry Muffin Mixed Fruit Cocktail	23	<b>Breakfast<sup>1</sup></b> WG English Muffin Peaches  <b>Lunch<sup>1</sup></b> Deli Turkey Slices WG Flatbread Three Sisters Soup Blueberries  <b>Snack<sup>2</sup></b> Ritz Crackers Cheese Slice	24	<b>Breakfast<sup>1</sup></b> WG Pancake Pears  <b>Lunch<sup>1</sup></b> WG Grilled Cheese Tomato Soup Mixed Vegetables Apple  <b>Snack<sup>2</sup></b> Strawberry Banana Smoothie WG Bagel Cream Cheese	25	

### HSCCs PM SNACK

Goldfish Mixed Fruit Cup	Belvita Bar Peach Cup	Scooby Snacks Grahams Applesauce Cup	Tortilla Chips Salsa Cup	Kix Cup Fresh Cut Oranges
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### <sup>1</sup> Milk

Served daily with breakfast &amp; lunch

1-yr-olds = unflavored whole milk

2-yr-olds = unflavored 1% milk

3-5-yr-olds = unflavored 1% milk

<sup>2</sup> Water served daily with snack

### CACFP Requirements

WG = Whole Grain-Rich

\*One whole grain-rich item served daily.

Breakfast cereals and yogurt meet sugar limit.

	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p><b>Breakfast<sup>1</sup></b> 28 WG Biscuit Strawberries Yogurt</p> <p><b>Lunch<sup>1</sup></b> WG Egg &amp; Cheese English Muffin Sandwich Peas and Carrots Pears &amp; Blueberries</p> <p><b>Snack<sup>2</sup></b> WG Toast Peaches</p>	<p><b>Breakfast<sup>1</sup></b> 29 WG Tasteos Mandarin Oranges</p> <p><b>Lunch<sup>1</sup></b> Chicken Roll Up WG Tortilla Diced Chicken Shredded Cheese Cucumber Mixed Fruit Cocktail</p> <p><b>Snack<sup>2</sup></b> Mozzarella Cheese Stick Apple</p>	<p><b>Breakfast<sup>1</sup></b> 30 WG Bagel Tropical Fruit Cream Cheese</p> <p><b>Lunch<sup>1</sup></b> Bean Chili Cheese Slice WG Flatbread Romaine Spinach Salad Cantaloupe</p> <p><b>Snack<sup>2</sup></b> WG Granola Greek Vanilla Yogurt</p>	<p><b>Breakfast<sup>1</sup></b> 31 WG French Toast Sticks Applesauce</p> <p><b>Lunch<sup>1</sup></b> Beef Patty Cheese Slice WG Bun Pickles Bell Pepper Slices Banana</p> <p><b>Snack<sup>2</sup></b> WG Snack Mix Pea Pods &amp; Carrots</p>	<p><b>November 1</b></p> <p><b>ALL CLASSROOMS CLOSED</b> <b>STAFF BENEFITS MEETING</b></p>

HSCCs PM SNACK				
Goldfish Mixed Fruit Cup	Belvita Bar Peach Cup	Scooby Snacks Grahams Applesauce Cup	Tortilla Chips Salsa Cup	Kix Cup Fresh Cut Oranges

<p><sup>1</sup> Milk</p> <p>Served daily with breakfast &amp; lunch</p> <p>1-yr-olds = unflavored whole milk</p> <p>2-yr-olds = unflavored 1% milk</p> <p>3-5-yr-olds = unflavored 1% milk</p> <p><sup>2</sup> Water served daily with snack</p>	<p><b>CACFP Requirements</b></p> <p>WG = Whole Grain-Rich</p> <p>*One whole grain-rich item served daily.</p> <p>Breakfast cereals and yogurt meet sugar limit.</p>
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