

OCT

2022

GEAR UP FOR
**SWIM
CLASS**



ANNOUNCEMENTS:

Abbreviations:

BB=Blueberries, Bfast= Breakfast, B.Rice= Brown Rice, Cnd.= Canned, Crkr= Cracker, Cant.= Cantaloupe, C. Cheese= Cottage Cheese, Drsg= Dressing, Frz.=Frozen, Fsh=Fresh, Grd.- Gingered, HM=Homemade, Man.Oranges=Mandarin Oranges, P.Bean=Pinto, RB= Raspberries, R=Roasted, WG= Whole Grain, T.Fruit= Tropical Fruit, WW= Whole Wheat, W.melon=Watermelon

WATER IS SERVED AT EVERY MEAL/SNACK

MONDAY

HM Chicken Broc./Cheese Casserole Brown Rice
Frz. Squash/Zucchini
Milk

Breakfast **PM Snack**
Scr. Eggs Yogurt
Cnd. Pears Frz. Peaches
Milk

COLUMBUS DAY
HOLIDAY
ASD DAY

TUESDAY

HM Cowboy Beans w/ Hmgr & Pinto Beans HM C. Bread
Fsh. W.melon/Cantaloupe
Milk

Breakfast **PM Snack**
HM Oatmeal HM Ricotta Sqr.
Frz. BB Milk

HM Meat Loaf Cnd. Corn
HM Savory Rice Pilaf
Frz. Squash/Zucchini Milk

Breakfast **PM Snack**
WW Chz Toast HM BB Sqr.
Cnd. Mixed Fruit Milk

WEDNESDAY

HM Pulled Pork WG Bun
Frz. B. Normandy
Cnd. G. Beans
Milk

Breakfast **PM Snack**
WG Cereal Cheez Its
Fsh. Bananas Applesauce
Milk

HM Tuna Salad Saltine Crackers
Roasted Veggies Frz. SB/BB
Milk

Breakfast **PM Snack**
WG Cereal WG Goldfish
Fsh. Banana Pears
Milk

THURSDAY

HM Turkey and Egg Noodle Soup
Enriched Pasta Frz. Mixed Veggies
Cnd. T. Fruit Milk

Breakfast **PM Snack**
Scr. Eggs Wheat Thins
Cnd. Oranges Cheese Sticks
Milk

HM Turkey Spaghetti Pasta
Fsh. W.melon/Cantaloupe
HM Gingered Carrots Milk

Breakfast **PM Snack**
HM/ Zucchini Sqr. W. Thins
Frz. Mangos Fsh. Boiled Egg
Milk

FRIDAY

SCHOOL CLOSED

WORKDAY

HM Cheese and Sausage Strata
WW Bread Cnd. Peaches
Frz. Mixed Veggies Milk

Breakfast **PM Snack**
HM Oatmeal Graham Crackers
Frz. BB Milk

HM Teriyaki Chicken w/ Japanese Veggies B. Rice
Cnd. Man. Oranges Milk

Breakfast **PM Snack**
Frz. F.Toast Sticks Yogurt
Frz. Peaches Frz. RB
Milk

HM Beef Vegetable Soup
Frz. Veggies Rotini Pasta
Frz. Mangos Milk

Breakfast **PM Snack**
WW Chz Toast HM/WW Carrot
Cnd. Apricots Spice Sqr.
Milk

HM Turkey Ham Pizza
WG E. Muffin Fz. RB
HM Gingered Carrots Milk

Breakfast **PM Snack**
WG Cereal Cheez Its
Fresh Banana Applesauce
Milk

HM Turkey Pot Pie HM Crust
Frz. Mixed Veggies Fsh. Apples
Milk

Breakfast **PM Snack**
HM Banana Sqr. Wheat Thins
Cnd. Pears. HM Bean Dip
Milk

Grilled Cheese Sandwich
WW Bread Cnd.Tom Soup
Frz. Squash/Zucchini Milk

Breakfast **PM Snack**
Bfast Rice Graham Crackers
Cnd. Apricots Milk

HM Chicken Spaghetti
WW Pasta Frsh. Kale
HM Gingered Carrots Milk

Breakfast **PM Snack**
Frz. WG Pancakes Cheez It
FZ. Peaches/RB C. Cheese
Milk

HM Beef Stroganoff
E.Noodle Pasta Frz. Greens
Cnd. Apricots Milk

Breakfast **PM Snack**
HM Oatmeal HM/WW Ricotta Sqr.
Frz. BB Milk

HM Stir-Fried Rice w/ Ham
B.Rice Frz. Carrots
Cnd. Peaches Milk

Breakfast **PM Snack**
WG Cereal WG English Muffin
Fsh. Banana Tuna salad
Milk

HM Turkey Pasta Primavera
Penne Pasta Frz. Broccoli
Cnd. Pear Milk

Breakfast **PM Snack**
Scr. Eggs HM/WW BB Sqr.
Fz. RB Mixed Berries
Milk

HM Black Bean Quesadillas
WW Tortilla Frz. Corn
Cnd. Mixed Fruit Milk

Breakfast **PM Snack**
WW Toast Animal Crackers
Cnd. Baked Apples Milk

HM Chicken and Egg Noodle Soup
Frz. Mixed Veggies
Frz. Berries Milk

Breakfast **PM Snack**
WG Waffles Cottage Cheese
Cnd. Peaches Cnd. T. Fruit
Milk



Food and Nutrition Division
Nutrition Assistance Programs



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