

DINING MENU

October, November & December 2015 Dining Menu

WEEK 1	10/12 11/9 12/7	10/13 11/10 12/8	10/14 11/11 12/9	10/15 11/12 12/10	10/16 11/13 12/11
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Toasted Oats Fresh Bananas Milk	Wheat Pancakes with w/ Pear Puree Turkey Bacon Fresh Pineapple ² Milk	Homemade Granola Vanilla Yogurt Fresh Bananas Milk	English Muffins w/ Peach Puree Turkey Sausage Fresh Oranges ² Milk	Pumpkin Muffins Fresh Apples ³ Milk
Lunch	Chicken Parmesan Wheat Pasta Mixed Veggies Fresh Bread Fresh Oranges ²	Turkey Meatloaf Mashed Potatoes Green Beans Fresh Pears	Turkey Tacos Tortillas Spanish Rice Peas & Carrots Fresh Cantaloupe	Thai Chicken Egg Noodles Steamed Broccoli Fresh Honeydew	Cheese Pizza Green Beans Fresh Fruit Salad
Snack	Mediterranean Hummus Whole Wheat Pita Water	Red Pepper & Herb Cream Cheese Roll-Ups Water	Vegetable Pasta Salad Milk	Rice Cakes Cucumber Slices Water	Vanilla Yogurt Fresh Bananas Water
WEEK 2	10/19 11/16 12/14	10/20 11/17 12/15	10/21 11/18 12/16	10/22 11/19 12/17	10/23 11/20 12/18
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Corn Flakes Fresh Bananas Milk	Wheat French Toast w/ Pear Puree Turkey Bacon Fresh Pineapple ² Milk	Sausage & Cheese Biscuit Sandwiches Fresh Bananas Milk	Egg & Cheese Breakfast Pizza Fresh Oranges ² Milk	Zucchini Muffins Fresh Apples ³ Milk
Lunch	Chicken Alfredo Whole Wheat Pasta Mixed Veggies Fresh Bread Fresh Oranges ²	Roasted Turkey Vegetarian Stuffing Roasted Cauliflower Fresh Pears	Chicken Quesadillas Israeli Couscous Peas & Carrots Fresh Cantaloupe	Sloppy Joes on Wheat Buns Brown Rice Steamed Broccoli Fresh Honeydew	Mac N' Cheese Green Beans Fresh Fruit Salad
Snack	Homemade Granola Vanilla Yogurt Water	String Cheese Fresh Honeydew Water	Black Bean & Salsa Roll-Ups Water	Pumpkin Bread Fresh Pears Water	Fresh Bananas Soy Butter Milk
WEEK 3	10/26 11/23 12/21	10/27 11/24 12/22	10/28 11/25 12/23	10/1 10/29 11/26 12/24	10/210/30 11/2712/25
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Puffed Rice Clusters Fresh Bananas Milk	Wheat Waffles w/Pear Puree Turkey Bacon Fresh Pineapple ² Milk	Homemade Granola Vanilla Yogurt Fresh Bananas Milk	Biscuits & Applesauce Turkey Sausage Fresh Oranges ² Milk	Banana Muffins Fresh Apples ³ Milk
Lunch	Cheese Tortellini Mixed Veggies Fresh Bread Fresh Oranges ²	Turkey Chili Roasted Cauliflower Fresh Bread Fresh Pears	Barbeque Chicken Brown Rice Peas & Carrots Fresh Cantaloupe	Teriyaki Chicken Israeli Couscous Steamed Broccoli Fresh Honeydew	Swedish Meat Sauce Egg Noodles Green Beans Fresh Fruit Salad
Snack	Fresh Cucumbers Tzatziki Sauce Water	Cheddar Salsa Wheat Pita Milk	Spinach & Cheese Roll-Ups Water	Warm Apple Crisp Milk	Vanilla Yogurt Fresh Bananas Water
WEEK 4	10/5 11/2 11/30 12/28	10/6 11/3 12/1 12/29	10/7 11/4 12/2 12/30	10/8 11/5 12/3 12/31	10/9 11/6 12/4
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Toasted Oats Fresh Bananas Milk	Wheat Pancakes w/ Pear Puree Turkey Bacon Fresh Pineapple ² Milk	Sausage & Cheese Biscuit Sandwiches Fresh Bananas Milk	Wheat French Toast w/ Peach Puree Turkey Sausage Fresh Oranges ² Milk	Spice Muffins Fresh Apples ³ Milk
Lunch	Wheat Rigatoni Meat Sauce Mixed Veggies Fresh Bread Fresh Oranges ²	Asian Chicken Steamed Broccoli Israeli Couscous Fresh Pears	Salisbury Steak Mashed Potatoes Peas & Carrots Fresh Cantaloupe	Chicken Strips Parmesan Cheese Wheat Noodles Steamed Broccoli Fresh Honeydew	Grilled Cheese Green Beans Fresh Fruit Salad
Snack	Fresh Cucumber American Slices Water	String Cheese English Pea Salad Water	Basil Marinara Sauce Ciabatta Sticks Water	Zucchini Bread Fresh Pears Milk	Fresh Bananas Soy Butter Milk

This menu has been reviewed and approved by Registered Dietitian Sharon Josefson, R.D., L.D.N

Infant & toddlers fruit substitutions: 1=Bananas, 2=Peach Puree, 3=Applesauce, 4=Pear Puree, 5=Banana Bread, 6=Cantaloupe

**** ALL LUNCHES SERVED WITH CERTIFIED 100% rBGH FREE MILK ****