

**Food2You Catering**  
October, November & December 2014 Dining Menu

WEEK 1	10/27 11/24 12/22	10/28 11/25 12/23	10/1 10/29 11/26 12/24	10/2 10/30 11/27 12/25	10/3 10/31 11/28 12/26
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Brkfst</b>	Cheerios Fresh Apples <sup>3</sup> Organic Milk	Wheat Pancakes with Peach Puree Turkey Sausage Fresh Oranges <sup>2</sup> Organic Milk	Scrambled Eggs Hash Browns Fresh Pears Organic Milk	Wheat Bagels Cream Cheese Turkey Bacon Fresh Apples <sup>3</sup> Organic Milk	Banana Muffins Fresh Honeydew Organic Milk
<b>Lunch</b>	Chicken Parmesan Wheat Pasta Steamed Broccoli Melon Salad	Turkey Meatloaf Green Beans Mashed Potatoes Watermelon	Turkey Tacos Tortillas Shredded Cheese Brown Rice Veggie Mix Fresh Bananas	Chicken Pot Pie with Biscuits Steamed Broccoli Fresh Cantaloupe	Cheese Pizza Mixed Veggies Fresh Pears
<b>Snack</b>	String Cheese Fresh Pears Water	Homemade Granola Bars Fresh Pineapple <sup>4</sup> Water	Roasted Vegetable Whole Wheat Pasta Salad Organic Milk	Mediterranean Hummus Whole Wheat Pita Water	Vanilla Bean Yogurt Fresh Bananas Water
WEEK 2	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	10/10 11/7 12/5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Brkfst</b>	Corn Flakes Fresh Pears Organic Milk	Wheat French Toast with Peach Puree Turkey Bacon Fresh Apples <sup>3</sup> Organic Milk	Homemade Granola Fresh Bananas Organic Milk	Sausage & Cheese Biscuits Fresh Apples <sup>3</sup> Organic Milk	Poppysseed Muffins Fresh Bananas Organic Milk
<b>Lunch</b>	Chicken Pasta Alfredo Broccoli Watermelon	Roasted Turkey Vegetarian Stuffing Green Beans Fresh Honeydew	Chicken Quesadillas Spanish Rice Steamed Carrots Melon Salad	Sloppy Joes Mashed Potatoes Green Beans Fresh Cantaloupe	Mac N' Cheese Sweet Peas Fresh Pears
<b>Snack</b>	Rice Cakes Fresh Bananas Water	Fresh Zucchini Tzatziki Sauce Water	Olive-Raisin Tapenade Whole Wheat Pita Water	Pumpkin Bread Fresh Oranges <sup>2</sup> Water	Fresh Apples <sup>3</sup> Soy Butter Water
WEEK 3	10/13 11/10 12/8	10/14 11/11 12/9	10/15 11/12 12/10	10/16 11/13 12/11	10/17 11/14 12/12
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Brkfst</b>	Whole Grain Chex Fresh Pineapple <sup>3</sup> Organic Milk	Wheat Waffles with Pear Puree Turkey Bacon Fresh Honeydew Organic Milk	Egg & Cheese Breakfast Pizza Fresh Oranges <sup>2</sup> Organic Milk	Biscuits & Peach Puree Turkey Bacon Fresh Apples <sup>3</sup> Organic Milk	Banana Muffins Fresh Pears Organic Milk
<b>Lunch</b>	Tri-Color Cheese Tortellini Green Beans Fresh Pears	Turkey Chili Cauliflower Fresh Apples <sup>3</sup> Fresh Bread	BBQ Chicken Sweet Peas & Carrots Brown Rice Fresh Pineapple <sup>4</sup>	Chicken & Dumplings Steamed Broccoli Melon Salad	Swedish Meat Sauce Egg Noodles Green Beans Fresh Cantaloupe
<b>Snack</b>	Blackbean Dip Roasted Tomato Tortillas Water	Vanilla Bean Yogurt Fresh Bananas Water	Spinach & Cheese Wheat Roll-Ups Water	Warm Apple Crisp Organic Milk	Cottage Cheese Fresh Apples <sup>3</sup> Water
WEEK 4	10/20 11/17 12/15	10/21 11/18 12/16	10/22 11/19 12/17	10/23 11/20 12/18	10/24 11/21 12/19
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Brkfst</b>	Corn Flakes Fresh Apples <sup>3</sup> Organic Milk	Homemade Granola Fresh Bananas Organic Milk	Sausage & Cheese Biscuits Fresh Melon Organic Milk	Wheat French Toast with Peach Puree Turkey Bacon Fresh Bananas Organic Milk	Pumpkin Muffins Honeydew Organic Milk
<b>Lunch</b>	Wheat Rigatoni & Meat Sauce Sweet Peas Fresh Cantaloupe	Asian Chicken Steamed Broccoli Cous Cous Fresh Oranges <sup>2</sup>	Roasted Chicken Carrots & Peas Mashed Potatoes Fresh Apples <sup>3</sup>	Grilled Cheese Steamed Broccoli Fresh Pineapple <sup>4</sup>	Chicken Nuggets Parmesan Cheese Wheat Noodles Steamed Carrots Fresh Apples <sup>3</sup>
<b>Snack</b>	Fresh Cucumber Roasted Red Pepper Dip Water	String Cheese Fresh Pears Water	Mediterranean Hummus Whole Wheat Pita Water	Zucchini Bread Fresh Pears Organic Milk	Fresh Bananas Soy Butter Water

*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 ORGANIC MILK \*\***