October 2022 Lunch Menu –Daycare/Schools

This Institution is an equal opportunity provider.

October 3- Lunch 2 oz. Sloppy Joe 1 Serving Wheat Bun (2 oz. G- eq.) Cooke Broccoli Diced Peaches 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 4- Lunch** 2.5 oz ((5) Chicken Nuggets (2 oz M/M alt; 1 oz Grain eq.) ¼ -½ C Kettle Beans (L) ¼ C Fresh Baby Carrots (RY) (SCH); Ranch Dr 1/4 - 1/2 Cup Fresh Fruit- Orange 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 5 - Lunch** Fiesta Wednesday—Beef Tacos 2 oz. Beef Taco Filling & Refried Beans .50 oz. Shredded Cheese (2.5 oz. M/MA) 1 oz. Triangular **WG** Corn Chips (G-1 oz. 1 oz. Salsa; Fiesta Corn (S) Fruit 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 6- Lunch** 2 oz Mac & Cheese Green Beans Fruit/Juice 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 7- Lunch** 1 Sl Pepperoni/Cheese WG Pizza (2.0 oz. G eq. 1.75 M/Meat Alt.) 1 Cup S. Cucumbers w/Ranch (1/2 eq.) ¼ Cup Tomatoes (RO) Fresh Fruit- Apple 4-6- 8 oz. Whole or 1% -2% Milk Choice
October 10- Lunch Meatball sub Wheat Bun Green Beans Diced Pineapples 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 11- Lunch** Chicken Pattie w/ Condiments **1 Serving Wheat Bun (2 oz. G- eq.)** ¼ - ½ C Fresh Broccoli Fresh Orange (Mandarin Oranges I/T) 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 12 - Lunch** Fiesta Wednesday—Beef Nachos 2 oz. Beef Taco Filling & Refried Beans .50 oz. Shredded Cheese (2.5 oz. M/MA) 1 oz. Triangular **WG** Corn Chips (G-1 oz. 1 oz. Salsa; Fiesta Corn (S) Fruit 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 13- Lunch** Sl. Turkey Bologna Sandwich on Wheat Buns, Condiments ½ Baby Carrots ¼ Cup Sl. Cucumbers Fruit/Juice 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 14- Lunch** 1 Sl Pepperoni/Cheese WG Pizza (2.0 oz. G eq. 1.75 M/Meat Alt.) 1 Cup S. Cucumbers w/Ranch (1/2 eq.) ¼ Cup Tomatoes (RO) Fresh Fruit- Apple 4-6- 8 oz. Whole or 1% -2% Milk Choice
October 17– Lunch 2.5 oz Hamburger w/ Cheese (2.0 M/Malt) **1 Serving Wheat Bun** (2 oz. G- eq.) **Fresh Broccoli w/Ranch Dip** **Diced Peaches** 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 18– Lunch** 3 oz Baked Chicken Legs ¼ C Baked Kettle Beans (Pinto & Navy) (L) *¼ C Fresh Baby Carrots (R0)* **1 Serving Wheat Bread** Fresh Orange (Mandarin Oranges I/T) 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 19 – Lunch** Fiesta Wednesday—Beef Taco 2 oz. Beef Taco Filling & Refried Beans .50 oz. Shredded Cheese (2.5 oz. M/MA) .50 Lettuce, 1 oz. Salsa 1 oz. Tortilla **Ultra grain** shells (G-1 oz. eq. Fiesta Corn /Fruit 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 20 – Lunch** 2.oz Sl. Turkey w/Gravy Mashed Potatoes Green Beans Fruit/Juice 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 21- Lunch** 1 Sl Pepperoni/Cheese WG Pizza (2.0 oz. G eq. 1.75 M/Meat Alt.) 1 Cup Garden Salad (O) (1/2 eq.) ¼ Cup Tomatoes (RO) Fresh Fruit- Apple 4-6- 8 oz. Whole or 1% -2% Milk Choice
October 24– Lunch 2 oz. Hot Dog Wheat Bun ¼ C Baby Carrots (SCH) **1 Serving Wheat Bread** Diced Peaches 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 25– Lunch** Chicken Quesadilla **1 Serving Wheat Bun (2 oz. G- eq.)** ¼ - ½ C Garden Salad w/Tomatoes Fresh Orange (Mandarin Oranges I/T) 4 oz. – 6oz. –8 oz. Fluid Milk	**October 26– Lunch** Fiesta Wednesday—Beef Nachos 2 oz. Beef Taco Filling & Refried Beans .50 oz. Shredded Cheese (2.5 oz. M/MA) 1 oz. Triangular **WG** Corn Chips (G-1 oz. 1 oz. Salsa; Fiesta Corn (S) Fruit 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 27 – Lunch** 2 oz. WG Grilled Cheese Sandwich ½ C Baked Beans Fruit/Juice 4 oz. – 6oz. –8 oz. Fluid Milk	**October 28 – Lunch** 1 Sl Pepperoni/Cheese WG Pizza (2.0 oz. G eq. 1.75 M/Meat Alt.) 1 Cup S. Cucumbers w/Ranch (1/2 eq.) ¼ Cup Tomatoes (RO) Fresh Fruit- Apple 4-6- 8 oz. Whole or 1% -2% Milk Choice
October 26- Lunch 2 oz. (4) **Meatballs** and 2 oz. Spaghetti/Spaghetti **Green Beans** **1 Serving Wheat Bread** Diced Peaches 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 27- Lunch** 2.5 oz ((5) Chicken Nuggets (2 oz M/M alt; 1 oz Grain eq.) ¼ -½ C Kettle Beans (L) ¼ C Fresh Baby Carrots (RY) (SCH); Ranch Dr 1/4 - 1/2 Cup Fresh Fruit- Orange 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 28- Lunch** Fiesta Wednesday—Beef Taco 2 oz. Beef Taco Filling & Refried Beans .50 oz. Shredded Cheese (2.5 oz. M/MA) .50 Lettuce, 1 oz. Salsa 1 oz. Tortilla **Ultra grain** shells (G-1 oz. eq. Fiesta Corn /Fruit 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 29- Lunch** 2 oz Chicken Corn Dog/Condiments Cooked Diced Carrots Fruit/Juice 4-6- 8 oz. Whole or 1% -2% Milk Choice	**October 30- Lunch** 1 Sl Pepperoni/Cheese WG Pizza (2.0 oz. G eq. 1.75 M/Meat Alt.) 1 Cup Garden Salad (O) (1/2 eq.) ¼ Cup Tomatoes (RO) Fresh Fruit- Apple 4-6- 8 oz. Whole or 1% -2% Milk Choice

MEAL PATTERN REQUIREMENTS	Serving Size 1-2 Yrs.	Serving Size 3-5 Yrs.	Grades K-8	Grades 9-12	Adults/Enhanced
Fruits	**1/8 cup.**	**¼ cup**	½ Cup Daily (2 ½ Cup Weekly))	1 Cup Daily (5 Cup Weekly)	
1 Milk/Fluid milk	**4 oz.**	**6 oz.**	8 oz. Daily (5 Cups Weekly)	1 Cup. Daily (5 Cups Weekly	8oz.s
Vegetables	**1/8 c. Vegetable**	**1/4 c. Vegetable**	3/4 Cup Daily (3 ¾ Cup Weekly)	1Cup Daily (5 Cup Weekly	1 C
1 Meat/ Meat Alternate	**1 oz. Meat**	**1 1/2 oz. Meat**	2 oz. Daily. (8-9-10 oz. Weekly)	2 oz. (10-12 oz. Weekly).	3oz.
Breads/Bread Product Grain Pasta	**½ /slice** **½ serving** **¼ cup**	**½ slice** **½ serving** **¼ cup**	1 slice Daily (8-10 Weekly)1 serving ½ cup	2 oz. Daily (10-12 Weekly)	2 oz

With unforeseen circumstances, menu subject to change. Client will be notified immediately.

9/29/2022