

# October

Calendar Month

# 2019

Calendar Year



Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
30 Scrambled eggs w/ spinach <sup>2</sup> Whole wheat bread <sup>36</sup> Orange Milk*	01 Low-fat yogurt <sup>1</sup>  Melon Milk*	02 Mini Bagel <sup>36</sup> Low-fat Cream Cheese <sup>1</sup>  Pineapple Milk*	03 Whole-grain cereal   Banana Milk*	04 Refried Beans <sup>5</sup>  Plantains Watermelon Milk*
07 Hard Boiled Eggs <sup>2</sup> Whole wheat bread <sup>36</sup> Melon Milk*	08 English Muffin <sup>36</sup> Low-fat Cream Cheese <sup>1</sup>  Pineapple Milk*	09 Oatmeal w/  toppings <sup>1</sup>  Banana Milk*	10 Whole-grain cereal   Orange Milk*	11 Scrambled eggs w/ spinach <sup>2</sup> Whole wheat bread <sup>36</sup>  Apple Milk*
14 <b>CLOSED</b>	15 Chilaquiles <sup>2</sup> Whole wheat bread <sup>36</sup> Banana Milk*	16 Oatmeal w/  toppings <sup>1</sup>  Melon Milk*	17 Whole-grain cereal   Pineapple Milk*	18 Hard Boiled Eggs <sup>2</sup> Whole wheat bread <sup>36</sup>  Apple Milk*
21 Turkey Sausage Whole grain waffle <sup>136</sup> Orange Milk*	22 Low-fat yogurt <sup>1</sup>  Pineapple Milk*	23 Oatmeal w/  toppings <sup>1</sup>  Melon Milk*	24 Whole-grain cereal   Apple Milk*	25 Scrambled eggs w/ spinach <sup>2</sup> Whole wheat bread <sup>36</sup>  Banana Milk*
28 Hard Boiled Eggs <sup>2</sup> Whole wheat bread <sup>36</sup> Melon Milk*	29 Mini Bagel <sup>36</sup> Low-fat Cream Cheese <sup>1</sup>  Pineapple Milk*	30 Oatmeal w/  toppings <sup>1</sup>  Orange Milk*	31 Whole-grain cereal   Banana Milk*	01 Refried Beans <sup>5</sup>  Plantains Apple Milk*

**Notes: This menu is subject to change**


Green: Local Products

<sup>1</sup>Dairy, <sup>2</sup>Egg, <sup>3</sup>Gluten, <sup>4</sup>Fish, <sup>5</sup>Beans, <sup>6</sup>Soy, <sup>7</sup>Lentils

\*Milk: 1 yr-old children (Unflavored Whole Milk)  
2-5 yrs-old (Unflavored 1% Milk)



# Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
30 Pasta Salad with Tomatoes and Feta Cheese <sup>1</sup> Whole wheat pasta <sup>3</sup> Apple Milk* <sup>1</sup>	01 Moroccan Beef w/ Chickpeas <sup>5</sup> Brown Rice Peach Milk* <sup>1</sup>	02 Chicken Legs <sup>6</sup> Cucumber Salad Whole Wheat Pita <sup>3</sup> Plum Milk* <sup>1</sup>	03 Tofu Teriyaki Stir-fry w/ Broccoli and Carrots <sup>6</sup> Brown Rice Pineapple Milk* <sup>1</sup>	04 Beans and Cheese Tacos <sup>15</sup> Green Salad Corn Tortillas Orange Milk* <sup>1</sup>
07 Vegetarian Chili <sup>5</sup> Green Salad Brown Rice Apple Milk* <sup>1</sup>	08 Chicken Alfredo w/ Whole wheat pasta <sup>13</sup> & Broccoli Watermelon Milk* <sup>1</sup>	09 Fish Fried Rice <sup>4</sup> Green Salad Orange Milk* <sup>1</sup>	10 Chicken Stew w/ Green beans and Carrots Barley <sup>3</sup> Pineapple Milk* <sup>1</sup>	11 Vegetarian Enchiladas <sup>5</sup> Whole Wheat tortilla <sup>3</sup> Green Salad Peach Milk* <sup>1</sup>
14 <b>Closed</b>	15 Lentils w/ Sweet Potato <sup>7</sup> Brown Rice Pineapple Milk* <sup>1</sup>	16 Whole wheat pasta <sup>3</sup> w/ Beef Stroganoff & Mushroom <sup>6</sup> Orange Milk* <sup>1</sup>	17 Beans and Cheese Tacos <sup>15</sup> Lettuce Whole Wheat tortilla <sup>3</sup> Apple Milk* <sup>1</sup>	18 Chicken Legs <sup>6</sup> Corn Whole Wheat Pita <sup>3</sup> Melon Milk* <sup>1</sup>
21 Macaroni and Cheese <sup>13</sup> with Green Salad Apple Milk* <sup>1</sup>	22 Egg Fried Rice <sup>26</sup> Broccoli Melon Milk* <sup>1</sup>	23 Chicken Paella <sup>6</sup> w/ Beef Sausage and Green beans Barley/Quinoa <sup>3</sup> Orange Milk* <sup>1</sup>	24 <b>International Day: Mongolia</b> 	25 Moroccan Beef w/ Chickpeas <sup>5</sup> Barley <sup>3</sup> Pineapple Milk* <sup>1</sup>
28 Chickpea Curry <sup>5</sup> Green Salad Brown Rice Apple Milk* <sup>1</sup>	29 Asparagua Tuna Casserole <sup>134</sup> Green Salad Pear Milk* <sup>1</sup>	30 Chicken Stew <sup>6</sup> Barley/Quinoa <sup>3</sup> Pineapple Milk* <sup>1</sup>	31 Vegetarian Enchiladas <sup>5</sup> Whole Wheat tortilla <sup>3</sup> Green Salad Melon Milk* <sup>1</sup>	01 Beef with Cabbage Barley <sup>3</sup> Orange Milk* <sup>1</sup>

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Green: Local Products

<sup>1</sup>Dairy, <sup>2</sup>Egg, <sup>3</sup>Gluten, <sup>4</sup>Fish, <sup>5</sup>Beans, <sup>6</sup>Soy

\*Leche: A niños de 1 Año se sirve leche entera sin sabor; a niños de 2-5 años se sirve leche 1% sin sabor

This institution is an equal opportunity provider.



# Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
30 Whole Wheat Animal Crackers <sup>3</sup> Pineapple	01 Bread with Chocolate <sup>136</sup> Orange	02 Apple Muffin <sup>1236</sup> Watermelon	03 Sweet potato bread pudding <sup>13</sup> Strawberries	04 Low Fat Yogurt <sup>1</sup> Melon
07 Pretzels <sup>3</sup> Orange	08 String Cheese <sup>1</sup> Melon	09 Low Fat Yogurt <sup>1</sup> Pineapple	10 Bread with Cheese <sup>136</sup>	11 Whole Wheat Animal Crackers <sup>3</sup> Strawberries
14 Closed	15 Low Fat Yogurt <sup>1</sup> Melon	16 Graham Crackers <sup>3</sup> Banana	17 String Cheese <sup>1</sup> Strawberries	18 Bread with Chocolate <sup>136</sup> Orange
21 Pretzels <sup>3</sup> Pineapple	22 Roasted Sweet Potato String Cheese <sup>1</sup>	23 Bread with Cheese <sup>136</sup>	24 Whole Wheat Animal Crackers <sup>3</sup> Orange	25 String Cheese <sup>1</sup> Melon
28 Low Fat Yogurt <sup>1</sup> Pear	29 Bread with Chocolate <sup>136</sup> Banana	30 Roasted Sweet Potato String Cheese <sup>1</sup>	31 WG Goldfish <sup>3</sup> Orange	01 Graham Crackers <sup>3</sup> Melon

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Green: Local Products

<sup>1</sup>Dairy, <sup>2</sup>Egg, <sup>3</sup>Gluten, <sup>4</sup>Fish, <sup>5</sup>Beans, <sup>6</sup>Soy, <sup>7</sup>Lentils



# Snack