



# October 2018



Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p><u>Breakfast</u> 1/2 cup Fresh Blueberries 1/4 cup of Oatmeal, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1/4 cup of Ground Turkey Spaghetti Casserole 1/4 cup fresh apple slices 1/4 cup corn, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 serving of Ritz Crackers. 1 Tbsp. of peanut butter 1/2 cup non-fat, Lactaid or soy milk</p>	<p><u>Breakfast</u> 1/2 cup Fresh Diced Oranges 1/2 serving of Whole Wheat English Muffin with scrambled eggs mixed with diced tomatoes and spinach 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1/2 serving of Whole Wheat Indian Tacos with 1 oz. of seasoned beef and beans, 1/2 oz. of cheddar cheese, topped with lettuce and tomatoes 1/4 cup fresh pineapple slices 1/4 cup lightly steamed carrot sticks, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 serving of Whole Wheat Triscuits 1/2 cup of fresh Watermelon</p>	<p><u>Breakfast</u> 1/2 cup fresh blueberries and strawberries ,1/3 cup unsweetened cereal variety, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1/2 Pizza in-a pocket: 1 oz. cooked lean ham, 1/2 oz. low-fat cheddar cheese 1/4 cup of mixed green salad: tomatoes, Kale, Cucumbers and Carrots , 1/4 apricot halves 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 oz. reduced fat cheddar cheese cubes, 1 serving of whole wheat crackers</p>	<p><u>Breakfast</u> 1/2 cup canned peaches in natural juices, 1/4 cup of Cooked Oatmeal, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1 1/2 oz. of diced chicken and 1/4 cup of Wild Rice mixed with celery and carrots, 1/4 cup of fresh Green Beans, and 1/4 cup of diced honey dew, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 cup of Mandarin Oranges mixed with Orange Jell-O with 2 oz. of Low-Fat Yogurt</p>	<p><u>Breakfast</u> 1/2 cup Fresh Banana 1 1/2 slice of Whole wheat Raisin Toast with, 1 Tbsp. peanut 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1/4 cup of Baked Macaroni and Cheese, Fish Sticks 3 oz., 1/2 cup Peach Halves 1/2 cup Fresh Asparagus 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> Fresh fruit cup: pineapple, Apples and strawberries</p>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<p><u>Breakfast</u> 1/2 cup fresh Strawberries 1/4 cup cooked cream of wheat with 1/2 serving of whole wheat toast, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1 serving Beef pot pie (1 1/2 oz. cooked lean meat. 1/2 cup of mixed peas and carrots topped with 1/2 serving of corn bread) 1/2 cup of canned Mandarin Oranges in natural juices, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 cup of thinly sliced apples 1 Tbsp peanut butter</p>	<p><u>Breakfast</u> 1/2 cup fresh cantaloupe cubes 1 omelet with 3/4 egg (1 Tbsp. chopped spinach, 1 Tbsp. shredded reduced fat cheese ), 1/2 slice whole wheat Pita Bread, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 3/4 cup Chicken Stir fry ( 1 1/2 oz. cooked lean meat, 1/2 cups –Snow peas , broccoli and carrots) 1/4 cup pineapple chunks, 1/4 cup brown rice 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 2 oz. low fat yogurt 1/2 oz. graham crackers (2 crackers)</p>	<p><u>Breakfast</u> 1/2 cup Canned Peaches 1/2 Slice of French Toast w/ Fruit Spread, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> Ham &amp; Scallop potatoes: ham-1/1/2 oz meat, potatoes-1/4 cup 1 Whole Wheat dinner roll 1/2 cup Winter Squash, 1/2 cup cantaloupe, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 serving of Zucchini Bread 1/2 cup non-fat, Lactaid or soy milk</p>	<p><u>Breakfast</u> 1/2 cup diced fresh watermelon 1/2 whole grain waffle w/ fruit spread, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1/2 cup chili con carne (1 oz. cooked lean meat and 3/4 oz. of Kidney Beans), 1/4 cup fiesta corn, 1/4 cup of grapes, 1/2 oz. whole wheat Ritz (4 crackers) 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 cup carrots &amp; cucumbers Low-fat yogurt dressing 1/2 serving of whole wheat crackers</p>	<p><u>Breakfast</u> 1/2 cup Fresh Banana 1/3 cup unsweetened cereal variety 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> Peanut butter and Fruit Spread Sandwich: 1 Slice whole wheat bread, peanut butter 3 tsp. 1/4 cup fresh pineapple, 1/4 cup mandarin oranges 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 cup fresh apple slices Nabisco Nilla Wafers-5 1/2 cup non-fat, Lactaid or soy milk</p>

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<p><b>15</b></p> <p><u>Breakfast</u> 1/2 cup fresh cut grapes 1/2 serving of Chopper Jacks: whole wheat hamburger bun, 1/2 oz. cheese and 1/2 oz. of egg 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1.5 oz. serving oven baked chicken 1/4 cold Pasta Salad mixed with diced back olives 1/4 cup steamed broccoli 1/2 cup sliced apples 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> Pumpkin Cuties: Halo oranges and thinly sliced celery with 1 rice cake.</p>	<p><b>16</b></p> <p><u>Breakfast</u> 1/2 cup peaches in natural juices 1/4 cup of Yogurt with 1/8 cup granola 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> Beef Goulash: beef 1 1/2 oz. meat, 1/4 cup pasta &amp; sauce 1/4 cup of apple sauce 1/4 cup of Fresh Cauliflower 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 oz. string cheese 1/2 oz. graham crackers (2 crackers)</p>	<p><b>17</b></p> <p><u>Breakfast</u> 1/2 cup sliced bananas 1/4 cup cooked oatmeal 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> Turkey Burger 1 1/2 oz. meat, 1/4 cup of romaine lettuce and tomato 1/4 cup corn , 1/4 cup canned pears in natural juices, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1 Soft Pretzel 1/2 oz. Pine nut Hummus 1/2 cup non-fat, Lactaid or soy milk</p>	<p><b>18</b></p> <p><u>Breakfast</u> 1/2 cup Fresh Strawberries 1/3 Cup Cheerios 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1 1/2 oz. water packed tuna 1/4 cup of sliced cherry tomatoes 1/4 cup fresh celery 1/2 serving of whole wheat bread 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 2 oz. of cottage cheese mixed with diced peaches in natural juices</p>	<p><b>19</b></p> <p><u>Breakfast</u> 1/2 cup Fresh Cantaloupe English Muffin half w/fruit spread 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> Homemade Breaded Chicken Nuggets-3oz 1/2 cup of Fresh Green beans 1/2 cup canned applesauce 1/2 slice whole wheat bread 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 serving of Whole Wheat Triscuits with string cheese (4 crackers) 3/4 cup non-fat, Lactaid or soy milk</p>
<p><b>22</b></p> <p><u>Breakfast</u> 1/2 cup fresh Blueberries 1/2 slice Whole grain French toast sprinkled with cinnamon, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1/2 Submarine sandwich: 1/2 oz. lean ham, 1/2 oz. lean turkey, 1/2 oz. lean cheese on a whole wheat hot dog bun, 1/4 cup romaine lettuce and tomato , 1/4 cup peach halves 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1 serving of whole grain wheat thins 1/2 cup Mandarin Oranges</p>	<p><b>23</b></p> <p><u>Breakfast</u> Avocado, Brown Rice and egg bowl 1/2 cup of Tangerines 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1 whole wheat tortilla roll 3/8 cup pinto beans, 1 oz of shredded cheddar cheese, 1/2 cup whole kernel corn , 1/2 cup fresh sliced grapes 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> Cracker Spiders: Ritz Crackers, peanut butter, raisins and pretzels 1/2 cup non-fat, Lactaid or soy milk</p>	<p><b>24</b></p> <p><u>Breakfast</u> 1/2 cup fresh blueberries/strawberries 1/3 cup unsweetened cereal variety 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1 piece oven baked fish 1/4 mashed sweet potato, 1/4 cup green peas, 1/4 cup of apples 1/2 whole wheat roll 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1 oz. low fat cottage cheese 1/2 cup of peaches mixed with Green Jell-O</p>	<p><b>25</b></p> <p><u>Breakfast</u> 1/2 cup peach halves in Natural juices 1/2 slice whole wheat Quesadillas 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> Taco Salad: 1oz. meat, 1/2 oz. cheddar cheese, and 1/2 cup of romaine lettuce, tomato, red, green and yellow bell peppers, 1/2 cup Fresh sliced apples, Whole Wheat tortilla chips 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> Roasted Zucchini and string cheese 1/2 cup non-fat, Lactaid or soy milk</p>	<p><b>26</b></p> <p><u>Breakfast</u> 1/2 cup Fresh Apples 1/2 slice whole wheat Pita with 1 oz. scrambled eggs 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1 English muffin pizza with 1 1/2 oz. mozzarella cheese and Tbsp. pizza sauce, 1/4 cup steamed broccoli and cauliflower, 1/4 cup pear halves 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 Peanut butter and Jelly Sandwich; 1/2 cup non-fat, Lactaid or soy milk</p>
<p><b>29</b></p> <p><u>Breakfast</u> 1/2 cup fresh Watermelon 1/4 cup cream of wheat 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> Whole wheat spaghetti: 1 1/2 oz. lean ground turkey, 1/4 cup green beans, 1/2 cup Mandarin Oranges 1/2 slice whole wheat bread 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> Granola bar-1 Raspberry yogurt-1/4 cup</p>	<p><b>30</b></p> <p><u>Breakfast</u> 1/2 cup blueberries and bananas 1/4 cup cooked oatmeal 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> Bean Burrito (1/2 cup cooked beans sprinkled with cheddar cheese) 1/4 cup Asparagus 1/4 cup of orange wedges 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1 Tbsp. peanut butter 1/2 cup fresh sliced banana</p>	<p><b>31</b></p> <p><u>Breakfast</u> 1/2 a blueberry bagel with 1 oz. of cream cheese and 1/2 cup of strawberries, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Lunch</u> 1 1/2 oz. Oven Baked Fish Sticks 1/4 cup mixed green leaf salad with tomatoes, celery and bell peppers 1/4 cup Wild Rice; 1/4 cup of cranberry applesauce, 3/4 cup non-fat, Lactaid or soy milk</p> <p><u>Snack</u> 1/2 oz. string cheese 1/2 cup of sliced green apples</p>	<p>School Doors open at 7:45 am</p> <p>Breakfast is served at 8:00 am Lunch is served at 11:00 am Snack is served at 1:00 pm</p> <p>School is dismissed at 2:30 pm</p> <p>Please call the school at 760-872-3911 ASAP If your child will be absent or tardy.</p>  	