

October Infants/Toddlers Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Grilled Cheese (1 oz, 2 grain) Green Beans (1/4 C) Unsweetened Applesauce (1/4 C) Milk (1 C)	2 Chicken Nuggets (1 grain, 2 oz) Mashed Potatoes (1/4 C) Fresh Strawberries (1/2 C) Milk (1 C)
5 Shredded Mozzarella cheese (1 oz) 6 inch tortilla (1 grain) Brown rice (1/2 C) Refried Black Beans (1/2 C) Diced Peaches (1/4 C) Milk (1 C)	6 Breaded Chicken Tenders (2 oz, 1 grain) Steamed Corn (1/4 C) Unsweetened Applesauce (1/4 C) Milk (1 C)	7 Cheese Personal Pizza (2.25 g, 2 oz) Peas and Carrots (1/4 C) Diced Pears (1/4 C) Milk (1 C)	8 Sliced Turkey (2 oz) Sliced Bread (2 grains) Sliced American Cheese (1 oz) Green Beans (1/4 C) Fresh Strawberries (1/2 C) Milk (1 C)	9 Breaded Chicken Patty (2 oz, 1 grain) Bun (2 grains) Tater Tots (1/4 C) Banana Slices (1/2 C) Milk (1 C)
12 Hamburger (2 oz) Sliced American cheese (1/2 oz) Bun (2 grains) Potato Wedges (1/4 C) Mandarin Oranges (1/4 C) Milk (1 C)	13 Beef Meatballs (1 1/2 oz) Mini Sub Roll (2 grains) Three Cheese Alfredo Sauce (1 oz) Steamed Carrots (1/4 C) Apple Slices (1/4 C) Milk (1 C)	14 Tortilla (1 Grain) Cheddar Cheese (0.25 oz) Diced Chicken (1/4 C) Steamed Brown Rice (1/2 C) Black Beans (1/4 C) Fresh Banana slices (1/2 C) Milk (1 C)	15 Grilled Cheese (1 oz, 2 grain) Green Peas (1/4 C) Diced Peaches (1/4 C) Milk (1 C)	16 Wheat Spaghetti Noodles (1 grain) Ground Beef Meat sauce (1/2 C) Steamed Broccoli (1/4 C) Unsweetened Applesauce (1/4 C) Milk (1 C)
19 No School- Fall Break	20 No School- Fall Break	21 No School- Fall Break	22 No School- Fall Break	23 No School- Fall Break
26 Beef Filled Ravioli (2 oz) W/ Roll (1oz) Steamed Corn (1/4 C) Diced Pears (1/4 C) Milk (1 C)	27 Mac & Cheese (1/2 C) (2 oz, 2 grains) Peas and Carrots (1/4 C) Mandarin Oranges (1/4 C) Milk (1 C)	28 10 inch Tortilla (2.25 grains) Refried Pinto Beans (1/4 C) Mexican Diced Chicken (1/2 C) Shredded Cheddar (1 oz) Brown Rice (1/2 C) Steamed Broccoli(1/2 C) Fresh Strawberries (1/2 C) Milk (1 C)	29 Bun (2 grains) Ground Beef (2oz) Tomato Sauce Mixture (2 T) Green Beans (1/4 C) Pineapple Tidbits (1/4 C) Milk (1 C)	30 Chicken Nuggets (1 grain, 2 oz) Curly Fries (1/4 C) Apple Slices (1/4 C) Milk (1 C)

Children under 2: Whole milk

Children 2 and up: minimum 1% milk

All meat, vegetables and fruit are chopped to pieces no larger than 1/4" size.

Alternate food choice: Sunbutter and jelly