



October 2015

Child Care Lunch Menu w/Skim or Lowfat Milk

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	Sloppy Joe's Whole Wheat Hamburger Bun Garden Salad w/Carrots & Dressing Fruit 1	Braised Chicken w/Jicama Lime Slaw White Rice Green Beans Fruit 2
Hamburger w/Lettuce & Tomato Seasoned Potato Wedges Fruit Ketchup Hamburger Bun 5	Whole Grain Macaroni & Cheese Garden Salad w/Carrots & Fruit 6	Southwestern Turkey Chili w/Shredded Cheddar Baked Tortilla Chips Fruit 7	Meatloaf w/ Brown Gravy Buttered Egg Noodles Garden Salad w/Carrots & Fruit 8	Turkey Milanese Rice & Chic Peas Broccoli Fruit 9
Turkey & Cheese w/Lettuce & Tomato Hamburger Bun Fruit Succotash Salad Mustard & Mayo 12	Meatballs w/Marinara Whole Grain Pasta Fruit Garden Salad w/Carrots & Dressing 13	Beef Fajitas Seasoned Unbreaded Chicken w/Shredded Cheddar Lettuce & Tomato Soft Flour Tortillas Fruit Salsa 14	Chicken Alfredo Whole Grain Pasta Garden Salad w/Carrots & Dressing Fruit 15	Caribbean Chicken Brown Rice & Beans Carrots Fruit 16
Chicken Parmesan Whole Grain Pasta w/Marinara Sauce Fruit Broccoli 19	Pancakes Potato Hash Breakfast Sausage Fruit Syrup 20	Whole Grain Chicken Nuggets Mixed Vegetables BBQ Dipping Sauce Fruit 21	Sloppy Joe's Garden Salad w/Carrots & Hamburger Bun Fruit 22	Chicken Creole Yellow Rice Garlic Green Beans Fruit 23
Hamburger w/Lettuce & Tomato Seasoned Potato Wedges Fruit Hamburger Bun Ketchup 26	Whole Grain Macaroni & Cheese Garden Salad w/Carrots & Fruit 27	Southwestern Turkey Chili w/Shredded Cheddar Baked Tortilla Chips Fruit 28	Lemon Pepper Chicken Brown Rice & Beans Garden Salad w/Carrots & Fruit 29	Cheese Lasagna w/Marinara Broccoli Fruit 30