

# October 2024 (Part 2)

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Am:	Hummus & Bagels	Chex Cereal* & Milk	Cottage Cheese & Pears	English Muffins* & Cream Cheese	Banana Bread & Yogurt
L:	Homemade Biscuits & Sausage Gravy, Roasted Asparagus, and Apples  <i>Alt: Vegetarian DF Gravy</i>	Bean & Cheese Burritos, Seasoned Corn, and Cantaloupe  <i>Alt: Bean Burrito (no cheese)</i>	Grilled Cheese Sandwiches*, Tomato Soup, and Orange Slices  <i>Alt: Grilled Ham Sandwich &amp; DF Soup</i>	Cheese Tortellini w/ Pesto Sauce; Peas & Carrots; and Blueberries  <i>Alt: Beef Ravioli w/ Red Sauce</i>	Pepperoni & Bell Pepper Pizza; Olives; and Peaches  <i>Alt: cheese pizza or DF pizza as needed</i>
3pm:	Wheat Thins* & Babybel	Applesauce & Graham Crackers	Seasoned Beans & Rice	Baby Carrots & Ranch Dip	Mandarins & Tillamook Cheese
5pm:	Raisins & Goldfish	Pumpkin Seeds & Fruit Cups	Hummus Cups & Pretzels	Belvita & Apples	Cream Cheese Cups & Ritz Crackers
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Am:	Cheese Toast	Biscuits w/ Jam and Cheese	String Cheese & Strawberries	Blueberry Muffins & Pears	Berry Smoothies & Belvita Crackers
L:	Homemade Vegetarian Bean Chili, Cornbread, Roasted Carrots, and Peaches  <i>Alt: already vegetarian &amp; dairy free</i>	Vegetarian Tacos! w/ refried beans, lettuce, tomato, shredded cheese, and sour cream; and raspberries  <i>Alt: Toppings served on the side</i>	Turkey & Swiss Wraps w/ Lettuce & Tomato; Peas; Blueberries  <i>Alt: Wrap w/o cheese or turkey as needed</i>	Buttered Noodles & Meatballs; Peas & Carrots; Apple Slices  <i>Alt: Vegetarian Meatballs</i>	Roasted Chicken & Potatoes, Green Beans, and Apple Slices  <i>Alt: Roasted Tofu</i>
3pm:	Pineapple & Cottage Cheese	String Cheese & Pita Slices	Yogurt & Pretzels	Grapes & Cheese	English Muffins & Hummus
5pm:	Fruit Cups & Goldfish	Hummus Cups & Rice Cakes	Annie's Crackers & Olive Cups	Sunchips & Fruit Cups	Seaweed & Raisins

## Notes:

Lunch is always served with milk (whole for children under 2 years old, 1% for children 2 and up)

\* Indicates that the item meets CACFP & USDA standards for "whole grain rich"

Fruits & Veggies may change due to seasonal availability

"Hidden Veggie" items have extra vegetables cooked in and may include peppers, mushrooms, carrots, onion, spinach, kale, or other greens

Vegetarian & Dairy Free options are available at all snacks and lunch to children on individual meal plans; specific menu alternates are listed for each lunch, while snacks may be substituted with hummus, beans, pumpkin seeds; tofu, dairy free cheese, soy yogurt, or other items based on availability