

OCTOBER 2024 *Lunch/Supper Menus*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Beef Tacos WGR Tortilla Mixed Vegetables Peaches Milk	2 BBQ Chicken Zucchini Mandarin Oranges Couscous Milk	3 Deli Turkey Sandwich (CN) WGR Bread Bell Pepper Sticks Applesauce Milk	4 National Taco Day Taco Meatballs* Garden Salad Blueberries WGR Roll Milk 	5
6 National Noodle Day	7 Baked Chicken Kid Friendly Pasta* Salad Sliced Apples Milk 	8 Egg Salad Sandwich WGR Bread Green Beans Celery Sticks Milk	9 Salisbury Steak (CN) Broccoli Mashed Potatoes WGR Roll Milk	10 Chicken Alfredo WGR Pasta Spinach Salad Papaya Milk	11 Slow Cooker Gumbo* Collard Greens Banana WGR Roll Milk 	12 National Gumbo Day
13	14 Sloppy Joes Corn Pomelo Melon WGR Bun Milk	15 National Shawarma Day Rotisserie Chicken Shawarma Wrap* Baked French Fries Sliced Cucumbers Milk 	16 HM Meatballs & Gravy Squash Mixed Fruit WGR Brown Rice Milk	17 National Pasta Day Pastitsio (Baked Mac with Beef & Cheese)* Peas & Carrots Fruit Cocktail Milk 	18 Turkey Ham Sandwich WGR Bread Peas Pineapple Milk	19
20	21 Roast Beef WGR Bread Banana Beets Milk	22 Spaghetti with Meat Sauce Garden Salad, Pears WGR Garlic Toast Milk	23 Red Beans and WGR Brown Rice Green Beans Plums Milk	24 HM Meatloaf Asparagus Peaches WGR Roll Milk	25 Cheese Quesadilla WGR Tortilla Corn Blackberries Milk	26
27	28 Parmesan Crusted Chicken Cauliflower Clementines WGR Brown Rice Milk	29 Hot Dog WGR Bun Broccoli Strawberries Milk	30 Fish Fillet Coleslaw Baked French Fries WGR Roll Milk	31 Soy Nut Butter WGR Pita Bread Apricots Cucumbers Milk		

Notes: 1 year olds receive unflavored whole milk; 2-5 year olds receive unflavored skim or 1% milk; 6 years and older receive unflavored or flavored skim or 1% milk. Fluid milk substitutes may be served with appropriate documentation. Juice is 100%. WGR indicates whole grain-rich.

This institution is an equal opportunity provider. *Find CACFP-creditable recipe on myfoodprogram.com.