

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<p><b><u>BREAKFAST:</u></b> Peaches English Muffin (Margarine &amp; Jelly) Scrambled Egg Milk</p> <p><b><u>LUNCH:</u></b> BBQ Chicken Brown Rice Red Beans Plantains Fruits &amp; Milk</p> <p><b><u>SNACK:</u></b> Pineapple Yogurt</p>	<p><b><u>BREAKFAST:</u></b> Orange Wedges Waffles w/Syrup Milk</p> <p><b><u>LUNCH:</u></b> Cuban Sandwich Mayo &amp; Mustard Baked Sweet Potato Fries Tossed Salad (Ranch) Apple Slices &amp; Milk</p> <p><b><u>SNACK:</u></b> Oatmeal Cookie Milk</p>
5	6	7	8	9
<p><b><u>BREAKFAST:</u></b> Juice Cereal Fresh Fruit Milk</p> <p><b><u>LUNCH:</u></b> Chicken Fettuccine Alfredo Garlic Roll Ceasar Salad w/tomatoes Fruits Cocktail &amp; Milk</p> <p><b><u>SNACK:</u></b> Graham Crackers Milk</p>	<p><b><u>BREAKFAST:</u></b> Fruit Whole Grain Raisin Bread Milk</p> <p><b><u>LUNCH:</u></b> Shredded Beef Brown Rice Black Bean Mix Vegetables Fruits &amp; Milk</p> <p><b><u>SNACK:</u></b> Whole Grain Soft Tortilla Shredded Cheese</p>	<p><b><u>BREAKFAST:</u></b> Seasonal Fresh Fruit Waffles Milk</p> <p><b><u>LUNCH:</u></b> Chicken Fajitas w/sour cream WW Flour Tortilla Shredded cheese Onion &amp; Peppers Corn Fruits &amp; Milk</p> <p><b><u>SNACK:</u></b> Animal Crackers Peaches</p>	<p><b><u>BREAKFAST:</u></b> Fruits Pancakes Milk</p> <p><b><u>LUNCH:</u></b> Spaghetti &amp; Meat Sauce WG Garlic Bread Green Salad &amp; tomatoes <i>Low-fat Ranch Dressing</i> Fruits &amp; Milk</p> <p><b><u>SNACK:</u></b> Granola Bar (no peanuts) Milk</p>	<p><b><u>BREAKFAST:</u></b> Fruits Breakfast Burrito Milk</p> <p><b><u>LUNCH:</u></b> Fish Sticks <i>Ketchup</i> Brown Rice Green Peas Fruits &amp; Milk</p> <p><b><u>SNACK:</u></b> Fruits Assorted Crackers</p>
12	13	14	15	16
<p><b><u>BREAKFAST:</u></b> Fruit Cocktail Cereal Milk</p> <p><b><u>LUNCH:</u></b> Roasted Pork Whole Grain Roll Sweet Potatoes Fries Mashed Potatoes Mixed Vegetables Fruit &amp; Milk</p> <p><b><u>SNACK:</u></b> Yogurt Peaches</p>	<p><b><u>BREAKFAST:</u></b> Applesauce WW Blueberry Muffin Milk</p> <p><b><u>LUNCH:</u></b> Chicken Strips Brown Rice Salad Corn Fruits &amp; Milk</p> <p><b><u>SNACK:</u></b> Cookies Milk</p>	<p><b><u>BREAKFAST:</u></b> Seasonal Fruit Cheese Toast Milk</p> <p><b><u>LUNCH:</u></b> Picadillo (Beef) WG Roll Congri Green Peas Seasonal Fruits &amp; Milk</p> <p><b><u>SNACK:</u></b> Juice Fish Crackers</p>	<p><b><u>BREAKFAST:</u></b> Grape Juice English Muffin cream cheese/Jelly Fruit Milk</p> <p><b><u>LUNCH:</u></b> Baked Chicken Brown Rice Broccoli Fruits Milk</p> <p><b><u>SNACK:</u></b> Animal Crackers Pears</p>	<p><b><u>BREAKFAST:</u></b> Banana Boiled Eggs WG Toast &amp; Milk</p> <p><b><u>LUNCH:</u></b> Cheeseburger Lettuce and Tomato Mustard, Mayo, Ketchup Carrots &amp; Green Beans Fruit Salad &amp; Milk</p> <p><b><u>SNACK:</u></b> Milk Assorted WG Crackers</p>

# OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
<p><b><u>BREAKFAST:</u></b> Juice &amp; Fruits Cereal Milk</p> <p><b><u>LUNCH:</u></b> Roasted Turkey Gravy Whole Wheat Roll Mashed Potatoes Peas &amp; Carrots Tropical Mixed Fruit Milk</p> <p><b><u>SNACK:</u></b> Assorted Crackers Pears</p>	<p><b><u>BREAKFAST:</u></b> Fruits Whole Grain Bagel Cream Cheese Milk</p> <p><b><u>LUNCH:</u></b> Sloppy Joe on WG Bread Roll Roasted Corn Salad Fruits</p> <p><b><u>SNACK:</u></b> Yogurt Pineapple Tidbits</p>	<p><b><u>BREAKFAST:</u></b> Fruits WW Banana Bread Cereal Milk</p> <p><b><u>LUNCH:</u></b> Beef Ravioli Garlic Bread Spinach Fruit Milk</p> <p><b><u>SNACK:</u></b> Plain Graham Crackers Milk</p>	<p><b><u>BREAKFAST:</u></b> Banana Waffles Syrup Milk</p> <p><b><u>LUNCH:</u></b> Cuban Stew Moro Mixed Vegetables Fruit Salad Milk</p> <p><b><u>SNACK:</u></b> Tortilla w/Cheese Milk</p>	<p><b><u>BREAKFAST:</u></b> Fruits Egg and Cheese on Whole Grain Sandwich Milk</p> <p><b><u>LUNCH:</u></b> Pizza Tossed Salad w/Carrots Fruit Salad Milk</p> <p><b><u>SNACK:</u></b> Banana Bread Juice</p>
26	27	28	29	30
<p><b><u>BREAKFAST:</u></b> Fruits Cereal Milk</p> <p><b><u>LUNCH:</u></b> Chicken Enchilada WG Bread Brown Rice Green Peas &amp; Corn Fruits Milk</p> <p><b><u>SNACK:</u></b> Juice Banana Bread</p>	<p><b><u>BREAKFAST:</u></b> Fruits Cinnamon Raisin Bagel w/cream cheese Milk</p> <p><b><u>LUNCH:</u></b> Beefaroni Garlic Bread Spinach Salad Fruit Milk</p> <p><b><u>SNACK:</u></b> Cheese Toast Milk</p>	<p><b><u>BREAKFAST:</u></b> Fruits Whole Wheat Cheese Toast Milk</p> <p><b><u>LUNCH:</u></b> Picadillo (Turkey) Congri WG Bread Sliced Tomatoes Fruits Milk</p> <p><b><u>SNACK:</u></b> Cookies Milk</p>	<p><b><u>BREAKFAST:</u></b> Fruits French Toast Milk</p> <p><b><u>LUNCH:</u></b> Breaded Fish Whole Grain Roll Mashed Potato Mixed Vegetables Fruit &amp; Milk</p> <p><b><u>SNACK:</u></b> Banana Assorted Crackers</p>	<p><b><u>BREAKFAST:</u></b> Apple Juice Fresh Fruits Scrambled Eggs WG Toast Milk</p> <p><b><u>LUNCH:</u></b> Baked Chicken Yellow Rice w/Peas WG Bread Mixed Salad Fruits Milk</p> <p><b><u>SNACK:</u></b> Pretzels (soft or thin) Juice</p>

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