

BREAKFAST

OCTOBER 2018 Pre-K – 8th Child & Nutrition Program

BIC MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Yogurt 4 oz. with Granola 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	2 Cinnamon Waffles With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	3 Blueberry Biscuit 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	4 Cream Cheese Filled Bagel Roll 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	5 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
8  Cream Cheese Filled Bagel Roll 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	9 Yogurt 4 oz. with Granola 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	10 Egg Cheese & Omelet Wrap 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	11 French Toast Sticks With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	12 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
15 Honey Biscuit 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	16 Cinnamon Waffles With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	17 Biscuit and Sausage 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	18 Pop-tart with Cheese Stick 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	19 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
22 Maple Pancakes With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	23 Apple Turkey Sausage Pancake Breakfast Stick 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	24 Cream Cheese Filled Bagel Roll 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	25 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	26 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
29 Yogurt 4 oz. with Granola 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	30 Cinnamon Waffles With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	31 Blueberry Biscuit 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk		

Fresh Fruit= Whole Fruit
Fruit Cup= 4 oz. cup Frozen Fruit

Two-½ cup fruit options will be offered daily.
Milk is served with every meal.
Choose 1% White Milk or Fat Free White Milk.
Students must take a fruit and/or juice.
ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE
EQUIVALENCY
ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSIP/SBP REQUIREMENTS.

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intak.ecv@usda.gov.

This institution is an equal opportunity provider.

LUNCH

OCTOBER 2018 Pre-K – 8th Child & Nutrition Program

HOT LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Cheese Sandwich Steamed Carrots, $\frac{1}{2}$ cup Potato Smile Fries, $\frac{1}{2}$ cup Assorted Fruit, $\frac{1}{2}$ cup Milk	2 Cowboy Beef Taco w/cheese on a Soft Shell Shredded Lettuce Red Kidney Beans, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	3 Chicken BBQ Teriyaki with Brown Rice Steamed Broccoli, $\frac{1}{2}$ cup Assorted Fruit, $\frac{1}{2}$ cup Milk	4 Turkey or Turkey ham & Cheese on a Roll w/Lettuce, Tomato & Pickle Chips Sweet Potato Fries, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	5 Homemade Baked Ziti & Cheese Steamed Green Beans, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Milk
8  Pork Meatball* Sandwich on a Roll Steamed Carrots, $\frac{1}{2}$ cup Assorted Fruit, $\frac{1}{2}$ cup 0.75 oz. Goldfish Crackers Milk	9 Soft Shell, Pork* Tacos Green Pepper Strips, $\frac{1}{2}$ cup Sweet Potato Fries, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Cookie Choice of Milk	10 Chicken Parmesan on a Bun Potato Smile Fries, $\frac{1}{2}$ cup Assorted Fruit, $\frac{1}{2}$ cup Choice of Milk	11 Baked Macaroni & Cheese Carrot Coins, $\frac{1}{2}$ cup Steamed Broccoli, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	12 Personal Pan Round Pizza Celery Sticks/Low Fat Dip, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Milk
15 Yummy Quesadilla with Cheese Steamed Carrots, $\frac{1}{2}$ cup Green Pepper Strips, $\frac{1}{2}$ cup Assorted Fruit, $\frac{1}{2}$ cup Milk	16 Tasty Chicken Taco w/ cheese on a Soft Shell Black Bean Salad, $\frac{1}{2}$ cup Roasted Corn, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	17 Beef Sloppy Joe on a Bun Potato Smile Fries, $\frac{1}{2}$ cup Assorted Fruit, $\frac{1}{2}$ cup Milk	18 Crispy Mozarella Sticks Rottli Pasta & Marinara Sauce Steamed Zucchini, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	19 Hearty Three Bean Chili with Brown Rice Carrot Sticks/Low Fat Dip, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Milk
22 Grilled Cheese Sandwich Steamed Carrots, $\frac{1}{2}$ cup Seasoned French Fries, $\frac{1}{2}$ cup Assorted Fruit, $\frac{1}{2}$ cup Milk	23 BBQ Shredded Pork* on a Soft Tortilla Red Kidney Beans, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	24 Mama's Chicken Alfredo w/ Penne Pasta Steamed Green Beans, $\frac{1}{2}$ cup Assorted Fruit, $\frac{1}{2}$ cup Milk	25 <i>Brunch for Lunch</i> Stuffed Cheese Omelet in a Tortilla Shell Potato Smile Fries, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	26 UNO Cheese Pizza Steamed Broccoli, $\frac{1}{2}$ cup Crunchy Carrot Sticks, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Milk
29 Cowboy Beef Taco w/cheese on a Soft Shell Shredded Lettuce Red Kidney Beans, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	30 Chicken BBQ Teriyaki with Brown Rice Steamed Broccoli, $\frac{1}{2}$ cup Assorted Fruit, $\frac{1}{2}$ cup Milk			31 Assorted Fruit = Canned Fruit Fruit Cup = 4 oz. frozen fruit Fresh Fruit = Whole fresh fruit

Alternative Meal:
 Yogurt, (2) 4 oz. & Large Muffin
 Alternative meals are served
 with main meal "sides."

*For Pork free schools- an
 alternative protein will be
 provided

Pre-K - 8 Grades: 1% and Fat
 Free White Milk Offered Daily
 K - 8 Grades: Fat Free
 Chocolate Milk also offered
 Tues and Thurs

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- (3) email: protegram.minkler@usda.gov.

Available Daily
 Sandwiches
 American Cheese Sandwiches
 (Mayo/Mustard)
 A side salad (1/2 cup) of leafy dark green vegetable is offered daily.
 $\frac{1}{2}$ cup Fresh Fruit options will be offered daily
 Select a fruit AND/OR vegetable with your sandwich.