

CHILD'S NAME _____

Protein 1.5oz Fruit ½ cup Veggie ½ cup Bread ½ slice Milk ¾ cup

October 2020

5 PBJ Crustables Mixed Vegetables Pineapple Milk	6 Salisbury Steak Broccoli Diced Pears Milk <u>Vegetarian</u> Cheese Sandwich	7 Macaroni & Cheese Peaches Broccoli Milk	8 Cheese Pizza Corn Applesauce Milk	9 Egg & Cheese Muffin Tater Tots (V) Peaches Milk
12 Chicken & Rice Diced Peaches Green beans Milk <u>Vegetarian</u> Grilled Cheese	13 Turkey & Cheese Cauliflower Fruit Cocktail Milk <u>Vegetarian</u> Cheese Sandwich	14 Corndogs Pears Tater Tots (V) Milk <u>Vegetarian</u> Cheese Omelette	15 Cheese Pizza Carrots Peaches Milk	16 Noodles w/ Marinara Orange Zucchini Milk
19 Cheese Pizza Rolls Pineapple Green Beans Milk	20 Egg & Cheese Muffins Tater Tots Peaches Milk	21 Stuffed Shells w/ Marinara Peas Fruit Cocktail Milk	22 Cheese Pizza Zucchini Applesauce Milk	23 Meatloaf Pears Cauliflower Milk <u>Vegetarian</u> Grilled Cheese
26 Ham & Cheese Sandwiches Pineapple Carrots Milk <u>Vegetarian</u> Grilled Cheese	27 Cheese Omelette Mixed Fruit Mixed Vegetables Milk	28 Turkey Slider French Fries (V) Pineapple Milk	29 Cheese Pizza Green Beans Peas Milk	30 Chicken Nuggets Corn Green beans Milk <u>Vegetarian</u> Cheese Quesadilla