

	Mon	Tue	Wed	Thu	Fri	Sat
OCTOBER 2017 VEGETARIAN MENU						
1	2 B: Cheese Omelets on WW Tortilla, Apple Sauce and Milk L: Alfredo WW Pasta, Broccoli, Strawberries and Milk S: WW Goldfish Cracker and Water	3. B : W.W Cheerios Cereal, Fresh Blueberries, and Milk L: Black Bean Burgers, on WW Bun, Steamed Carrots, Tropical Fruit and Milk S: Yogurt Graham Crackers, and Water	4 B: Whole Grain Waffles, Fresh Banana and Milk L: Homemade Spaghetti, Green Beans, Pineapple Tidbits and Milk S: Fresh Apples, Sun Butter and Water	5 B: Cheese Grits, Fresh Oranges, and Milk L: Homemade Mac and Cheese, Mixed Veggies, Raspberry Mix, and Milk S: WW Animal Crackers and Milk	6 B: WW Rice Crispy Cereal, Fresh Pears and Milk L: Baked Egg Plant on WW Bun, Steamed Cauliflower, Honey Dew Melon, and Milk S: Fresh Strawberries, Cube Cheese	7.
8	9. B: English Muffin, Mandarin Oranges, and Milk L: Homemade Vegetable Stir Fry with Brown Rice, Peas & Carrots, Mix Berries, and Milk S: Salsa, Corn Tortilla, and Water	10. B: WW Cheerio Cereal, Diced Peaches, and Milk L: Baked WW Ziti with Tomatoes, Green Beans, Fresh Pears, and Milk S: Fresh Apples with Sun Butter and Water	11. B: Oatmeal, Fresh Bananas, and Milk L: Creamy Alfredo WW Pasta, Broccoli, Honey Dew Melon, and Milk S: WW Graham Crackers, Yogurt, and Water	12. B: WW Plain Bagels, Strawberry Cream Cheese, Tropical Fruit, and Milk L: Vegetarian Bean Pot Pie with Kidney Beans, Potatoes, Carrots, Peas, Fresh Apples, and Milk S: Fresh Pears, Sun Butter, and Water	13. B: WW Corn Flakes, Fresh Blueberries, and Milk L: Cheese Sandwich on WW Bread, Sweet Potato Waffle Fries, Diced Peaches, and Milk S: WW Animal Cracker, and Milk	14.
15.	16. B: WW Tortilla Cheese Omelet's, Slice Pears, and Milk L: Vegetable Nuggets, Potato Tots, Green Beans, Honey Dew Melon and Milk S: WW Goldfish Pretzels, Strawberries, and Water	17. B: WW Corn Flakes, Red Apples and Milk L: Homemade Boca Crumb Sloppy Joe on WW Bun, Broccoli, Tropical Fruit, and Milk S: WW Crackers, Mozzarella Stick, and Water	18. B: WW Bagel with Cream Cheese, Bananas and Milk L: Homemade Cheese Pizza, Black Beans, Strawberries, and Milk S: Apples Butter, WW Crackers and Water	19. B: Oatmeal, Fresh Green Apples, and Milk L: Grilled Black Bean, Brown Rice, Italian Vegetable, Fresh Cantaloupe and Milk S: WW Goldfish Pretzels, and Water	20. B: WW Cheerios, Tropical Fruit, and Milk L: Black Bean, Tomato Cheese Taco on WW Tortilla, Whole Corn, Fresh Blueberries, and Milk S: Wheat Crackers, and Strawberry Cream Cheese, and Water	21.
22.	23 B: Cheese Grits, Fresh Raspberries, and Milk L: Creamy Stroganoff WW Pasta and Carrots, Fresh Strawberries, and Milk S: Apple and Sun Butter, and Water	24. B: WW Rice Chex Cereal, Fresh Pears, and Milk L: WW Cheese Quesadilla, Tomato Soup, Mandarin Oranges, and Milk S: Yogurt, WW Graham Cracker, and Water	25. B: Cinnamon Toast, Blueberries, and Milk L: Homemade Vegetarian Chili (Kidney Beans), Brown Rice, Tropical Fruit, and Milk S: WW Gold Fish Crackers, and Milk	26. B: WW Pancakes, Apple Sauce, and Milk L: Egg Plant on WW Bun, Steamed Cauliflower, Pineapple Tidbits, and Milk S: Mozzarella Stick, WW Crackers, and Water	27. B: WW Cinnamon Chex, Fresh Red Apple, and Milk L: BBQ Vegetarian Patty, Mashed Potatoes, Peas, Diced Peaches, and Milk S: Fresh Pears, Sun Butter and Water	28.
29.	30. B: WW English Muffins, Apples Sauce, and Milk L: Homemade Vegetable Stew with Potatoes, Sonoma veg Blend, Bananas, and Milk S: Pita Bread, Hummus and Water	31. B: WW Cornflakes , Raspberries, and Milk L: Homemade Mac and Cheese, Steam Spinach, Fresh Oranges, and milk S: Yogurt, Graham Cracker and Water				

Infant & Toddler1 receive Whole Milk
Toddler 2 – GA Pre-K receive 2% Milk