



October Vegetarian

	1. B: Blueberry Bagels with Cream Cheese and Sliced Peaches, and Milk L: Asian Chicken drumsticks Brown rice and black-eyed Peas , milk and pears S: Chex Mix, and Milk	2. : Kix Cereal, Fresh Apples, and Milk. L :Pineapple Chicken Taco, Whole Grain Corn Tortilla, Steamed Carrots, Fresh Strawberries and Milk S: Yogurt Graham Cracker, and Water	3 B: Turkey Sausage and Biscuits, Sliced Pears, and Milk L: Vegetable and Cheese Lasagna, Italian Vegetables, Green Apples and Milk S: Hummus, and WW Pitas, and Water	4 B: WW Pancakes, Apples Sauce, and Milk L: Cheese Ravioli, Lima Beans, Mandarin Oranges, and Milk S: Mozzarella Cheese Stick, and W.W. Cracker's, and Water	5 B: Cinnamon Chex Cereal, Peaches, and Milk L: Cheese Pizza with Salad (infant- toddler 1 Green Beans Strawberries and Milk S: Graham Crackers Banana's, and Water	6
7	8 School Closed Teacher Workday	9. B: Rice Chex Cereal, Mandarin Oranges, and Milk L: Beef Stew with /Potatoes and Carrots, and Rice, Tropical Fruit, and Milk S: Cheese Chunks and W.W, Crackers, and Water	10 B: Cheese Omelet, W.W. Tortillas, Fresh Raspberries and Milk L: HM Vegetable Soup with Grilled Chicken, Potatoes, Green Peas ,Carrots, Fresh Apples, and Milk S: Yogurt, Graham Cracker, and Water	11. B: WW Waffles with Apple Butter, Peaches, and Milk L: BBQ Chicken Sliders, Cauliflower, Blueberries, and Milk S: Teddy Graham Crackers, and Milk	12. B: corn flakes, Diced Peaches, and Milk L: Turkey and Cheese Roll ups on Spinach Wraps, Mixed Vegetables, Strawberries, and Milk S: Cottage Cheese and Raspberries, Water	13
14	15. B Cheese Grits, Fresh Apples, and Milk L: Turkey Spaghetti, Sweet Peas and Carrots, Sliced Pears and Milk S: Animal's Cracker, and Milk	16. B: Corn Flakes, Pineapple Chucks, and Milk L: Chicken Cacciatore, with Bow Tie Pasta, Green Beans, Mandarin Oranges, and Milk S: Yogurt, Graham Crackers, and Water	17. B: Turkey Sausage, with Biscuit, Bananas and Milk L: Homemade Mac and Cheese, Steamed Spinach, Fresh Strawberries and Milk S: Hummus and W.W. Pitas, and Water	18. B: Blueberry Bagels, Apples, and Milk L: Grilled Salmon W.W Sliders, Sonoma mixed Veg., Cantaloupe and Milk S: Mozzarella sticks and W.W. Cracker, and Water	19. B: Kixs Cereal, Fresh Blueberries, and Milk L: Cheese Burger Slider, Roasted Mixed Vegetables Fresh Raspberries, and Milk S: Graham Crackers and Milk	20
21	22. B :Cinnamon Oatmeal, Blueberries, and Milk L: HM. Chicken Pot Pie with Carrots, Potatoes, and Peas , Peaches, and Milk S: Fresh Pears, Sun Butter, and Water	23. B: Rice Chex Cereal, Mix Fruit, and Milk L: Italian Turkey Meatballs, Whole Grain Sub Rolls, Cauliflower, Tropical Fruit, and Milk S: Yogurt, WW Graham Cracker, and Water	24. B: Boiled Eggs, W.W. Tortilla, Fresh Blueberries, and Milk L: HM Curry Chicken with Carrots and Potatoes, Yellow Rice, Green Apple and Milk S: Cheese Chunks and W.W. Crackers, and Water	25. B: W.W. Waffles with Apple Jelly, Peaches, and Milk L: HM turkey Chili with Kidney Beans , corn bread, and Milk S: Teddy Grahams and Milk	26 B: Corn Flake Cereal, Fresh Raspberries, and Milk L: Grilled cheese Quesadilla with Tomatoes soup , Fresh Cantaloupe, and Milk S: Cottage Cheese, Blackberries, and Water	27
28	29. Cheese grits and Sliced Pears, and Milk L: Vegetable Lasagna Peas and Carrots, Fresh Apples, and Milk S: Chex Mix, and Milk	31. B: Kix Cereal, Fresh Apples, and Milk. L :Pineapple Chicken Taco, Whole Grain Corn Tortilla, Steamed Carrots, Fresh Strawberries and Milk S: Yogurt Graham Cracker, and Water	1. B: Blueberry bagels and cream cheese, Sliced Pears, and Milk L: BBQ Chicken Drumsticks, Black-Eyed Peas and Milk S: Hummus, and WW Pitas, and Water	2 B: French Toast Sticks, Fresh Raspberries, and Milk L: Mango Chicken Rice Bowls, Fresh Pears, Sonoma mixed Veg and Milk S: Mozzarella Sticks, W.W. Crackers, and Water	3. B: Multi Grain Cheerios, Bananas, and Milk L: Breaded Cod Fish Sticks on Whole Grain Bun, Steamed Mixed Vegetables, Fresh Strawberries, and Milk S:Cottage Cheese, Fresh Blueberries and Water	4

Infant & Toddler -1 receive Whole Milk
Toddler 2 – GA Pre-K receive 2% Milk

