



October 2017

Milk is served at all meals in compliance with the CCAFP recommended daily amounts.

2 Ravioli Spinach Salad Applesauce	3 Meatballs and Gravy Mashed Potatoes Bread Stick Peaches	4 Chicken & Biscuits with Gravy w/Peas Fruit Cocktail	5 Dirty Rice & Ham w/ Black Beans & Corn Mandarin Oranges	6 Pizza Salad Fresh Fruit
Snack - Whole Grain Pretzels and Apple Cider	Snack - Soy Butter Wraps	Snack - Fresh Broccoli & Dip	Snack - Fresh Fruit	Snack - Clean Up
9 Harvest Chili with Black Beans & Corn Corn Muffin Apples	10 Shepherd's Pie w/Mixed Vegetables Pears	11 Chicken Parmesan Pasta Bake Green Beans Fruit Cocktail	12 Ham & Beans Veggie Sticks Bread Apples	13 Breakfast Casserole Tater Tots Mandarin Oranges
Snack - Cheese & Whole Wheat Crackers	Snack Yogurt w/Fruit	Snack - Apples & Soy Butter	Snack - Cheerios & Raisins	Snack - Clean Up
16 Nacho Tacos w/cheese Corn and Black Beans w/Salsa Applesauce	17 Tomato Soup Spinach Cheese Quesadilla Peaches	18 General Tso's Chicken over Rice w/Broccoli Fruit Cocktail	19 Ham & Bean Soup Butter Bread Apples	20 Pizza Salad Fresh Fruit
Snack Whole Grain Pretzels w/Cheese	Snack - Fresh Veggies	Snack - Rice Cakes & Soy Butter	Snack - Fresh Fruit	Snack - Clean - Up
23 Penne Pasta with Meat Sauce Green Beans Applesauce	24 Swedish Meatballs with Rice Peas Pears	25 Chicken Corn Soup Soy Butter & Jelly Sandwich Fruit Cocktail	26 Ham, Green Beans and Potatoes Bread Fresh Fruit	27 Macaroni & Cheese Broccoli Pineapple
Snack - Tortillas and Salsa	Fresh Fruit	Snack - Fruit & Yogurt	Snack - Soy Butter & Crackers	Snack - Clean - Up
30 Spaghetti & Meatballs Green Beans Applesauce	31 Autumn Stew w/Sausage Butter Bread Peaches	1 Barbeque Chicken Whole Grain Bread Stick Corn Fruit Cocktail	2 Ham & Cheese Wraps w/Veggies Banana	3 Pizza Salad Fresh Fruit
Snack - Apples	Snack - Soy Butter & Tortilla Triangles	Snack - Veggies & Dip	Snack - Fresh Fruit	Snack - Clean Up