

October LUNCH 2024

Table of Measurements

Breakfast:

-milk, juice, fruit, vegetable grain, bread

Lunch

Milk, fluid, meat, 1st fruit/vegetable, 2nd fruit/vegetable, grain, bread

P.M Snack

Milk, fluid, meat/meat alternate grain, bread, juice, vegetable, fruit, bread

Key:

Bread— 2 slices

Veggies/fruit—1/2 cup

Protein—3 oz.

Entrée, Casserole, and or soup—1 cup

Skim or Fat Free Milk/ fluid—8 oz.

*** Entrée Alternative**

Available Per Client Choice

MENU SUBJECT TO CHANGE!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 beef /mushrooms, noodles, peas, dinner roll, applesauce, milk	2 pork bbq/bun, potatoes, banana, milk	3 taco cornbread casserole, l,t,cheese, calico corn, fruit cocktail and milk	4 hobo foil pac/hamb, onion, carrots, potatoes, potato salad, peaches, wheat bread, milk
	673		460	727	Calories: 669
	7 coney dog/bun, scalloped potatoes, baked beans, milk	8 hamburger/bun, M/K, potato wedges, lettuce, onion, tomato, fresh banana and milk	9 turkey/swiss on wheat, potato salad, peaches, milk	10 chicken noodles, mashed potatoes, green beans, wheat bread, milk	11 chicken caciatore/rice, corn, pears, wheat bread, milk
	Calories: 789	Calories: 616	Calories: 685	Calories: 634	Calories: 711
	14 honey mustard chicken wings, au gratin potato, peas, wheat bread, milk	15 glazed ham, sweet potatoes, green beans, wheat bread, milk	16 oven porkchop, mashed potatoes, br. Tomatoes, peaches, milk	17 tuna noodle casserole, glazed carrots, tropical fruit, wheat bread, milk	18 chili beef, corn chips, PBJ/wheat, fruit salad, milk
	Calories: 720	Calories: 717	Calories: 515	Calories: 590	Calories: 775
	21 sloppy joe/bun, baked beans, baby baker potatoes, milk	22 goulash, peas, fruit cocktail, wheat bread, milk	23 pulled pork/bun, green beans, glazed carrots, milk	24 hot dog/bun, M/K, baked beans, potato salad, milk	25 beef stew, garlic bread, buttered corn, sliced peaches and milk
	Calories: 712	Calories: 640	Calories: 736	Calories: 615	Calories: 540
	28 oven fried chicken, mashed potatoes, green beans, dinner roll, milk	29 taco in bag, cheese, salsa, sour cream, corn chips, refried beans, mixed fruit, milk	30 Asian chicken, broccoli, pork eggroll, brown rice, mandarin oranges, milk	31 fish/bun, lettuce, tomato, onion, baked beans, cheesy potatoes, milk	
	Calories: 497	Calories: 518	Calories: 649	Calories: 724	