











BREAKFAST

OCTOBER 2017 Child Nutrition Program

PreK-Grade 8

Monday	Tuesday	Wednesday	Thursday	Friday
2 Maple Pancakes, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	3 Banana Muffin, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	4 Cinnamon Waffles, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	5  Pop-Tarts, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	6  General Mills Assorted General Mills Cereal, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit
9  Happy Columbus Day	10 Cinnamon Breakfast Square, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	11 Turkey Sausage Tac-6o, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	12 French Toast Sticks, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	13  General Mills Assorted General Mills Cereal, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit
16 Warm Glazed Apple Roll, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	17 Corn Muffin, 1 oz String Cheese Stick, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	18 Yogurt Cup with Granola, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	19  ZEE'S ZEE'S Oatmeal Cocoa Chip Bar, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	20  General Mills Assorted General Mills Cereal, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit
23 Warm Croissant, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	24 Blueberry Pancakes, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	25 Cheese Omelet Wrap, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	26 Warmed Apple Fruit Pocket, 2 oz 1/2 cup 100% Fruit Juice	27  General Mills Assorted General Mills Cereal, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit
30 Cinnamon Breakfast Square, 2 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit	31  Happy Halloween Iced Pumpkin Roll, 1 oz 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit			



MENUS MUST BE POSTED AT ALL TIMES FOR NEW YORK STATE INSPECTION.
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

Milk is served with every meal.
Choose 1% White Milk or Fat Free White Milk.




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LUNCH

OCTOBER 2017 Child Nutrition Program

PreK-Grade 8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Grilled Cheese Sandwich Potato Smiles, $\frac{1}{2}$ cup Black Bean Salad, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>	<p>3 Chicken Alfredo Penne Pasta Sautéed Broccoli, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>	<p>4 <u>Southwest Day</u> Nachos with Beef Brown Rice and Beans Red Pepper Strips, $\frac{1}{4}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>	<p>5 Mozzarella Sticks & Chicken Smackers COMBO! Rotini Pasta Salad Carrot Sticks, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk</p>	<p>6 Cheese Pizza Zucchini Parmesan, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>
<p>9  9 Grilled Cheese Sandwich Potato Smiles, $\frac{1}{2}$ cup Black Bean Salad, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>	<p>10 Chicken Smackers with BBQ Sauce Sweet Potato Fries, $\frac{3}{4}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk</p>	<p>11 <u>Italian Day</u> Chicken Parmigiana Fresh Baked Breadstick Sautéed Spinach, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk</p>	<p>12 Hot Turkey Ham Sandwich Baked Vegetarian Beans, $\frac{1}{2}$ cup Potato Smiles, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>	<p>13 Homemade Baked Ziti Sautéed Green Beans, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>
<p>16 Baked Macaroni & Cheese Sautéed Broccoli, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>	<p>17 <u>Taco Tuesday</u> Pork Taco on Soft Shell Tomato Salsa, $\frac{1}{2}$ oz Potato Smiles, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>	<p>18 <u>Asian Day</u> Sweet & Sour Chicken Seasoned Brown Rice Steamed Green Beans, $\frac{3}{4}$ cup Chilled Peach Cup, $\frac{1}{2}$ cup Fortune Cookie Choice of Milk</p>	<p>19  Boneless Pork Chop on Baked Bun Sweet Potato Fries, $\frac{3}{4}$ cup Fresh Red Apple, $\frac{1}{2}$ cup Choice of Milk</p>	<p>20 Fiestada Pizza Roasted Chickpeas, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>
<p>23 Three-Bean Chili Seasoned Brown Rice Roasted Broccoli, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk</p>	<p>24 Oven Breaded Chicken Bread Slice Mashed Potatoes, $\frac{1}{2}$ cup Sautéed Green Beans, $\frac{3}{4}$ cup Aprilsauce Choice of Milk</p>	<p>25 <u>Build Your Own Burger</u> Hamburger on Baked Bun American Cheese & Sliced Tomato Potato Smiles, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>	<p>26 <u>Try Something New Thursday</u> Italian Style Turkey Meatball on 6" Hero with Parmesan Cheese Sweet Potato Fries, $\frac{3}{4}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>	<p>27  Cheese Pizza Black Bean Salad, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>
<p>30 Three-Cheese Quesadilla Steamed Green Beans, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk</p>	<p>31 <u>Happy Halloween</u> Chicken Smackers with Orange Sauce Carrot Sticks, $\frac{1}{2}$ cup Fresh Orange Wedges, $\frac{1}{2}$ cup Halloween Cookie Treat Choice of Milk</p>			



Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches
American Cheese Sandwiches

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A side salad of leafy dark green vegetable is offered daily.
Milk is available with every meal. Choose 1% White Milk or Fat Free White Milk daily.
Fat Free Chocolate milk is available Tuesdays and Thursdays.
Select a fruit **AND/OR** vegetable with your sandwich.
You may also choose your choice of milk.
ALL GRAIN PRODUCTS ARE WHOLE GRAIN.