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<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>Monday</td>
<td>2. <strong>Breakfast</strong>: 1/3 cup Whole Grain Cheerios, ½ cup Apple Sauce, and ¾ cup Milk</td>
<td>Lunch: Fish Sticks ¾ cup Cucumber Sticks w/ 1 tsp Ranch Dip, ½ Whole Wheat Roll, ¾ cup Fresh Watermelon and ¼ cup Milk</td>
<td>3. <strong>Breakfast</strong>: 1/3 cup Whole Grain Rice Chex Cereal, ½ cup Fresh Pineapple, ¼ cup Milk</td>
<td>Lunch: Turkey Taco, ½ cup Corn Fiesta Salad, ¼ cup Orange Wedges, and ¼ cup Milk</td>
<td>Lunch: 2 oz. Chicken Teriyaki ¼ cup Brown Rice, 1/4 cup Green Bean &amp; Tomato Salad, ¼ cup Fresh Sliced Peaches, and ¼ cup Milk</td>
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<td>9. <strong>Breakfast</strong>: ¼ cup Cinnamon Oatmeal, ½ cup of Fresh Banana, ¾ cup Milk</td>
<td>10. <strong>Breakfast</strong>: ½ slice WW Toast w/ 1 T. Fruit Spread and 1 pat Butter, ½ cup Fresh Banana, ¾ cup Milk</td>
<td>Lunch: 1/2 Black Bean and Brown Rice Whole Wheat Burrito, ¼ cup Roasted Corn and Tomato Salsa, ¼ cup Fresh Strawberries, ¼ cup Milk</td>
<td>PM Snack: ½ cup Apple Sauce, 2 Graham Crackers, and Water</td>
<td>PM Snack: ½ cup Carrot Sticks w/ 1 tsp Ranch Dip ½ oz. Cheese Stick, Water</td>
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<td>Lunch: 1/2 Cheese Pizza, 1/4 cup Garden Salad, ½ cup Orange Wedges, ¼ cup Milk</td>
<td>Lunch: 1/2 Black Bean and Brown Rice Whole Wheat Burrito, ¼ cup Roasted Corn and Tomato Salsa, ¼ cup Fresh Strawberries, ¼ cup Milk</td>
<td>Lunch: 1 Corn Muffin, ¼ cup Apple Sauce ¼ cup Milk</td>
<td>Lunch: 4 oz. Chicken &amp; Spinach Whole Grain Penne, ¾ cup Fresh Mixed Vegetables, ¼ cup Red Apple, ¼ cup Milk</td>
<td>Lunch: 3 oz. Tomato &amp; Cheese Wheat Pasta Bake, 1/4 cup Garden Italian Salad, ¼ cup Orange Wedges, ¼ cup Milk</td>
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<td>PM Snack: ½ of Pita Bread 1/8 cup Hummus Dip, and Water</td>
<td>Lunch: 1 Corn Muffin, ¼ cup Apple Sauce ¼ cup Milk</td>
<td>Lunch: 1 turkey Taco, ½ cup Corn Fiesta Salad, ¼ cup Orange Wedges, and ¼ cup Milk</td>
<td>PM Snack: 2 Graham Crackers, ½ cup Fresh Strawberries, and Water</td>
<td>PM Snack: ½ cup Mixed Fruit, 1 oz. Cottage Cheese, and Water</td>
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<td>16. <strong>Breakfast</strong>: 1/2 cup Whole Grain Cheerios, ½ cup Apple Sauce, and ¾ cup Milk</td>
<td>Lunch: Fish Sticks ¾ cup Cucumber Sticks w/ 1 tsp Ranch Dip, ½ Whole Wheat Roll, ¾ cup Fresh Watermelon and ¼ cup Milk</td>
<td>Lunch: 1/3 cup Whole Grain Rice Chex Cereal, ½ cup Fresh Pineapple, ¼ cup Milk</td>
<td>Lunch: 3 oz. Tomato &amp; Cheese Wheat Pasta Bake, 1/4 cup Garden Italian Salad, ¼ cup Orange Wedges, ¼ cup Milk</td>
<td>Lunch: 3 oz. Whole Grain Cheese Ravioli Marinara, ¼ cup Steamed Broccoli, ¼ cup Fresh Strawberries, and ½ cup Milk</td>
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<td>Lunch: Fish Sticks ¾ cup Cucumber Sticks w/ 1 tsp Ranch Dip, ½ Whole Wheat Roll, ¾ cup Fresh Watermelon and ¼ cup Milk</td>
<td>Lunch: 1/2 Black Bean and Brown Rice Whole Wheat Burrito, ¼ cup Roasted Corn and Tomato Salsa, ¼ cup Fresh Strawberries, ¼ cup Milk</td>
<td>Lunch: 1/3 cup Whole Grain Oatmeal, ½ cup Sliced Green Apples, ¼ cup Milk</td>
<td>PM Snack: 2 Graham Crackers, ½ cup Fresh Strawberries, and Water</td>
<td>PM Snack: ½ cup Mixed Fruit, 1 oz. Cottage Cheese, and Water</td>
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<td>PM Snack: ½ of Pita Bread 1/8 cup Hummus Dip, and Water</td>
<td>Lunch: 1/2 Black Bean and Brown Rice Whole Wheat Burrito, ¼ cup Roasted Corn and Tomato Salsa, ¼ cup Fresh Strawberries, ¼ cup Milk</td>
<td>Lunch: 1/3 cup Whole Grain Oatmeal, ½ cup Sliced Green Apples, ¼ cup Milk</td>
<td>PM Snack: 2 Graham Crackers, ½ cup Fresh Strawberries, and Water</td>
<td>PM Snack: ½ cup Mixed Fruit, 1 oz. Cottage Cheese, and Water</td>
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<td>23. <strong>Breakfast</strong>: ¾ cup Cinnamon Oatmeal, ¼ cup of Fresh Banana, ½ cup Milk</td>
<td>Lunch: 1/2 Cheese Pizza, 1/4 cup Garden Salad, ½ cup Orange Wedges, ¼ cup Milk</td>
<td>Lunch: 1/3 cup Whole Grain Oatmeal, ½ cup Sliced Green Apples, ¼ cup Milk</td>
<td>Lunch: 1 turkey Taco, ½ cup Corn Fiesta Salad, ¼ cup Orange Wedges, and ¼ cup Milk</td>
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<td>Lunch: 1/2 Cheese Pizza, 1/4 cup Garden Salad, ½ cup Orange Wedges, ¼ cup Milk</td>
<td>Lunch: 1/2 Black Bean and Brown Rice Whole Wheat Burrito, ¼ cup Roasted Corn and Tomato Salsa, ¼ cup Fresh Strawberries, ¼ cup Milk</td>
<td>Lunch: 1/3 cup Whole Grain Oatmeal, ½ cup Sliced Green Apples, ¼ cup Milk</td>
<td>Lunch: 3 oz. Tomato &amp; Cheese Wheat Pasta Bake, 1/4 cup Garden Italian Salad, ¼ cup Orange Wedges, ¼ cup Milk</td>
<td>Lunch: 3 oz. Whole Grain Cheese Ravioli Marinara, ¼ cup Steamed Broccoli, ¼ cup Fresh Strawberries, and ½ cup Milk</td>
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<td>PM Snack: ½ of Pita Bread 1/8 cup Hummus Dip, and Water</td>
<td>Lunch: 1/2 Black Bean and Brown Rice Whole Wheat Burrito, ¼ cup Roasted Corn and Tomato Salsa, ¼ cup Fresh Strawberries, ¼ cup Milk</td>
<td>Lunch: 1/3 cup Whole Grain Oatmeal, ½ cup Sliced Green Apples, ¼ cup Milk</td>
<td>Lunch: 3 oz. Whole Grain Cheese Ravioli Marinara, ¼ cup Steamed Broccoli, ¼ cup Fresh Strawberries, and ½ cup Milk</td>
<td>Lunch: 1 Honey Bran Muffin, ½ cup of Honeydew Melon Slices, and Water</td>
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<td>30. <strong>Breakfast</strong>: 1/3 cup Whole Grain Cheerios, ¾ cup Apple Sauce, and ¾ cup Milk</td>
<td>Lunch: Fish Sticks ¾ cup Cucumber Sticks w/ 1 tsp Ranch Dip, ½ Whole Wheat Roll, ¾ cup Fresh Watermelon and ¼ cup Milk</td>
<td>Lunch: 1/3 cup Whole Grain Oatmeal, ½ cup Sliced Green Apples, ¼ cup Milk</td>
<td>Lunch: 1 turkey Taco, ½ cup Corn Fiesta Salad, ¼ cup Orange Wedges, and ¼ cup Milk</td>
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<td>Lunch: 1/2 Cheese Pizza, 1/4 cup Garden Salad, ½ cup Orange Wedges, ¼ cup Milk</td>
<td>Lunch: 1/2 Black Bean and Brown Rice Whole Wheat Burrito, ¼ cup Roasted Corn and Tomato Salsa, ¼ cup Fresh Strawberries, ¼ cup Milk</td>
<td>Lunch: 1/3 cup Whole Grain Oatmeal, ½ cup Sliced Green Apples, ¼ cup Milk</td>
<td>Lunch: 3 oz. Whole Grain Cheese Ravioli Marinara, ¼ cup Steamed Broccoli, ¼ cup Fresh Strawberries, and ½ cup Milk</td>
<td>Lunch: 1 Honey Bran Muffin, ½ cup of Honeydew Melon Slices, and Water</td>
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<td>PM Snack: ½ of Pita Bread 1/8 cup Hummus Dip, and Water</td>
<td>Lunch: 1/2 Black Bean and Brown Rice Whole Wheat Burrito, ¼ cup Roasted Corn and Tomato Salsa, ¼ cup Fresh Strawberries, ¼ cup Milk</td>
<td>Lunch: 1/3 cup Whole Grain Oatmeal, ½ cup Sliced Green Apples, ¼ cup Milk</td>
<td>Lunch: 3 oz. Whole Grain Cheese Ravioli Marinara, ¼ cup Steamed Broccoli, ¼ cup Fresh Strawberries, and ½ cup Milk</td>
<td>Lunch: 1 Honey Bran Muffin, ½ cup of Honeydew Melon Slices, and Water</td>
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Per CACFP and USDA regulations, 1% Low-Fat Milk is served to children age 2 years and older. Whole Milk is served to children younger than 2 years.
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| 2. Breakfast: 1/3 cup Whole Grain Cheerios, 1/3 cup Apple Sauce, and 1/4 cup Milk  
**Lunch:** 1 Vegetarian Fish Fillet, 1/3 cup Cucumber Sticks w/ 1 tsp Ranch Dip, 1/2 Whole Wheat Roll, 1/3 cup Fresh Watermelon, and 1/4 cup Milk  
**PM Snack:** 1 oz. Whole Grain Vanilla Dots, 1/2 cup Red Apples, and Water | 3. Breakfast: 1/3 cup Whole Grain Rice Chex, 1/3 cup Fresh Pineapple, 1/4 cup Fresh Milk  
**Lunch:** 2 oz. Soy Teriyaki Chicken, 1/4 cup Brown Rice, 1/4 cup Green Bean & Tomato Salad, 1/3 cup Fresh Sliced Peaches, 1/3 cup Milk  
**PM Snack:** 1/2 oz. Cheese Stick, 1/2 cup of Fresh Apple Slices, and Water | 4. Breakfast: 1/4 cup Cinnamon Oatmeal, 1/4 cup Sliced Green Apples, 1/4 cup Milk  
**Lunch:** 1 Soy Beef Taco, 1/4 cup Corn Fiesta Salad, 1/4 cup Orange Wedges, 1/4 cup Milk  
**PM Snack:** 2 Graham Crackers, 1/2 cup Fresh Strawberries, and Water | 5. Breakfast: 1/2 cup Whole Wheat English Muffin w/ 1 pat Butter, 1/2 cup of Apples, 1/4 cups Milk  
**Lunch:** 3 oz. Tomato & Cheese Wheat Pasta Bake, 1/4 cup Garden Italian Salad, 1/4 cup Orange Wedges, 1/4 cup Milk  
**PM Snack:** 1/2 Whole Grain Bagel w/ 1 tsp Cream Cheese, 1/2 cup Fresh Watermelon, and Water | 6. Breakfast: 1 Pancake w/ 1 tsp light syrup, 1/2 cup Fresh Strawberries, 1/4 cup Milk  
**Lunch:** 3/4 oz. Grilled Cheese and Tomato Sandwich on Whole Wheat Bread, 1/4 cup Carrot Sticks w/ 1 tsp Ranch Dip, 1/2 cup Cantaloupe, 1/4 cup Milk  
**PM Snack:** 1/2 oz. Cheese Stick, 1/4 cup of Honeydew Melon Slices, and Water |
| 9. Breakfast: 1/4 cup Cinnamon Oatmeal, 1/4 cup of Fresh Banana, and 1/4 cup Milk  
**Lunch:** 1/2 Cheese Pizza, 1/4 cup Garden Salad, 1/4 cup Orange Wedges, and 1/4 cup Milk  
**PM Snack:** 1/2 oz. Pita Bread, 1/8 cup Hummus Dip, and Water | 10. Breakfast: 1/3 slice WW Toast w/ 1 T Fruit Spread, and 1 pat Butter, 1/2 cup Fresh Banana, 1/3 cup Milk  
**Lunch:** 1/2 Black Bean and Brown Rice Whole Wheat Burrito, 1/3 cup Roasted Corn and Tomato Salsa, 1/4 cup Fresh Strawberries, 1/4 cup Milk  
**PM Snack:** 1/2 cup Apple Sauce, 2 Graham Crackers, and Water | 11. Breakfast: 1 Corn Muffin, 1/2 cup Apple Sauce, 1/2 cup Milk  
**Lunch:** 4 oz. Soy Chicken & Spinach Whole Grain Penne, 1/4 cup Fresh Mixed Vegetables, 1/4 cup Red Apple, 1/4 cup Milk  
**PM Snack:** 1/2 cup Carrot Sticks w/ 1 tsp Ranch Dip  
**PM Snack:** 1/2 oz. Cheese Stick, Water | 12. Breakfast: 1/3 cup Whole Grain Cheerios, 1/3 cup Fresh Banana, 1/4 cup Milk  
**Lunch:** 4 Vegan Chicken Nuggets, 1/4 cup Brown Rice, 1/4 cup Peas & Carrots, 1/4 cup Sliced Cantaloupe, 1/4 cup Milk  
**PM Snack:** 1/2 cup Mixed Fruit, 1 oz. Cottage Cheese, and Water | 13. Breakfast: 1 Pancake w/ 1 tsp Light Syrup, 1/2 cup Fresh Bananas, and 1/4 cup Milk  
**Lunch:** 3 oz. Whole Grain Cheese Ravioli Marinara, 1/4 cup Steamed Broccoli, 1/4 cup Fresh Strawberries, and 1/4 cup Milk  
**PM Snack:** 1 Honey Bran Muffin, 1/2 cup of Honeydew Melon Slices, and Water |
| 16. Breakfast: 1/3 cup Whole Grain Cheerios, 1/3 cup Apple Sauce, and 1/4 cup Milk  
**Lunch:** 1 Vegetarian Fish Fillet, 1/3 cup Cucumber Sticks w/ 1 tsp Ranch Dip, 1/2 Whole Wheat Roll, 1/3 cup Fresh Watermelon, and 1/4 cup Milk  
**PM Snack:** 1 oz. Whole Grain Vanilla Dots, 1/2 cup Red Apples, and Water | 17. Breakfast: 1/3 cup Whole Grain Rice Chex, 1/3 cup Fresh Pineapple, 1/4 cup Milk  
**Lunch:** 2 oz. Soy Teriyaki Chicken, 1/4 cup Brown Rice, 1/4 cup Green Bean & Tomato Salad, 1/3 cup Fresh Sliced Peaches, 1/3 cup Milk  
**PM Snack:** 1/2 oz. Cheese Stick, 1/2 cup of Fresh Apple Slices, and Water | 18. Breakfast: 1/4 cup Cinnamon Oatmeal, 1/4 cup Sliced Green Apples, 1/4 cup Milk  
**Lunch:** 1 Soy Beef Taco, 1/4 cup Corn Fiesta Salad, 1/4 cup Orange Wedges, 1/4 cup Milk  
**PM Snack:** 2 Graham Crackers, 1/2 cup Fresh Strawberries, and Water | 19. Breakfast: 1/2 Whole Wheat English Muffin w/ 1 pat Butter, 1/2 cup of Apples, 1/4 cups Milk  
**Lunch:** 3 oz. Tomato & Cheese Wheat Pasta Bake, 1/4 cup Garden Italian Salad, 1/4 cup Orange Wedges, 1/4 cup Milk  
**PM Snack:** 1/2 Whole Grain Bagel w/ 1 tsp Cream Cheese, 1/2 cup Fresh Watermelon, and Water | 20. Breakfast: 1 Pancake w/ 1 tsp Light Syrup, 1/2 cup Fresh Strawberries, 1/4 cup Milk  
**Lunch:** 1/2 Grilled Cheese and Tomato Sandwich on Whole Wheat Bread, 1/4 cup Carrot Sticks w/ 1 tsp Ranch Dip, 1/2 cup Cantaloupe, 1/4 cup Milk  
**PM Snack:** 1/2 oz. Cheese Stick, 1/4 cup of Honeydew Melon Slices, and Water |
| 23. Breakfast: 1/4 cup Cinnamon Oatmeal, 1/4 cup of Fresh Banana, and 1/4 cup Milk  
**Lunch:** 1/2 Cheese Pizza, 1/4 cup Garden Salad, 1/4 cup Orange Wedges, and 1/4 cup Milk  
**PM Snack:** 1/2 oz. Pita Bread, 1/8 cup Hummus Dip, and Water | 24. Breakfast: 1/6 slice WW Toast w/ 1 T Fruit Spread, and 1 pat Butter, 1/2 cup Fresh Banana, 1/3 cup Milk  
**Lunch:** 1/2 Black Bean and Brown Rice Whole Wheat Burrito, 1/3 cup Roasted Corn and Tomato Salsa, 1/4 cup Fresh Strawberries, 1/4 cup Milk  
**PM Snack:** 1/2 cup Apple Sauce, 2 Graham Crackers, and Water | 25. Breakfast: 1 Corn Muffin, 1/2 cup Apple Sauce, 1/2 cup Milk  
**Lunch:** 4 oz. Soy Chicken & Spinach Whole Grain Penne, 1/4 cup Fresh Mixed Vegetables, 1/4 cup Red Apple, 1/4 cup Milk  
**PM Snack:** 1/2 cup Carrot Sticks w/ 1 tsp Ranch Dip  
**PM Snack:** 1/2 oz. Cheese Stick, Water | 26. Breakfast: 1/3 cup Whole Grain Cheerios, 1/3 cup Fresh Banana, 1/4 cup Milk  
**Lunch:** 4 Vegan Chicken Nuggets, 1/4 cup Brown Rice, 1/4 cup Peas & Carrots, 1/4 cup Sliced Cantaloupe, 1/4 cup Milk  
**PM Snack:** 1/2 cup Mixed Fruit, 1 oz. Cottage Cheese, and Water | 27. Breakfast: 1 Pancake w/ 1 tsp Light Syrup, 1/2 cup Fresh Bananas, and 1/4 cup Milk  
**Lunch:** 3 oz. Whole Grain Cheese Ravioli Marinara, 1/4 cup Steamed Broccoli, 1/4 cup Fresh Strawberries, and 1/4 cup Milk  
**PM Snack:** 1 Honey Bran Muffin, 1/2 cup of Honeydew Melon Slices, and Water |
| 30. Breakfast: 1/3 cup Whole Grain Cheerios, 1/3 cup Apple Sauce, and 1/4 cup Milk  
**Lunch:** 1 Vegetarian Fish Fillet, 1/3 cup Cucumber Sticks w/ 1 tsp Ranch Dip, 1/2 Whole Wheat Roll, 1/3 cup Fresh Watermelon, and 1/4 cup Milk  
**PM Snack:** 1 oz. Whole Grain Vanilla Dots, 1/2 cup Red Apples, and Water | 31. Breakfast: 1/3 cup Whole Grain Rice Chex, 1/3 cup Fresh Pineapple, 1/4 cup Milk  
**Lunch:** 2 oz. Soy Teriyaki Chicken, 1/4 cup Brown Rice, 1/4 cup Green Bean & Tomato Salad, 1/3 cup Fresh Sliced Peaches, 1/3 cup Milk  
**PM Snack:** 1/2 oz. Cheese Stick, 1/2 cup of Fresh Apple Slices, and Water | | | |

**VEGETARIAN MENU**

| October 2017 | Per CACFP and USDA regulations, 1% Low-Fat Milk is served to children age 2 years and older. Whole Milk is served to children younger than 2 years. |
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