



October 2024 Hot Meal Menu



Mon	Tue	Wed	Thu	Fri
30	1	2	3	4
Herb Roasted chicken(4.5), Broccoli Cauliflower(2.75oz) and WG Pasta with Alfredo Sauce, Orange, 1% Low Fat Milk (0.5pt)	Whole Wheat Chicken Quesadilla (4oz),Pinto Beans (3oz),Southwest Corn (4oz) and Pear Cup (4oz), 1% Low Fat Milk (0.5pt)	Spaghetti with Meatballs (6.5oz) Cheesy Spinach (4oz) Wheat Roll (1.25oz) Applesauce(4oz), 1% Low Fat Milk (0.5pt)	2 Mini All Beef Hot Dogs with Buns (4 oz), Chili (3oz) Roasted Green Beans (4oz) Graham Crackers (0.5oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Turkey Cheese Pizza (4oz), Roasted Potato Wedges (3oz) Seasoned Carrots (4oz), and a Peach Cup (4oz), 1% Low Fat Milk (0.5pt)
Mon	Tue	Wed	Thu	Fri
7	8	9	10	11
Hot Meal Kitchen closed	Hot Meal Kitchen closed	Hot Meal Kitchen closed	Hot Meal Kitchen closed	Hot Meal Kitchen closed
Mon	Tue	Wed	Thu	Fri
14	15	16	17	18
Chicken Lo Mein(3oz), Broccoli and Cheese(4oz), Wheat Roll (1.25oz), Orange, 1% Low Fat Milk (0.5pt)	Chicken and Cheese Whole Wheat Enchilada (5 oz) Spanish Brown Rice (3oz) Roasted Corn (4oz) Pear cup(4oz), 1% Low Fat Milk (0.5pt)	Cheese Ravioli (4oz) Roasted Peas and Carrots (4oz) Whole Wheat Roll (1.5oz) Applesauce Cup (4.5oz), 1% Low Fat Milk (0.5pt)	Seasoned Turkey, Bean & Cheese Burrito (4.25oz) Roasted Corn (4oz) Spanish Brown Rice (3oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Lasagna with Meat Sauce(6oz), Cheese Broccoli (4oz) and Wheat Roll (1.25oz), Peach Cup (4oz), 1% Low Fat Milk (0.5pt)
Mon	Tue	Wed	Thu	Fri
21	22	23	24	25
Herb Roasted chicken(4.5), Broccoli Cauliflower(2.75oz) and WG Pasta with Alfredo Sauce, Orange, 1% Low Fat Milk (0.5pt)	Whole Wheat Chicken Quesadilla (4oz),Pinto Beans (3oz),Southwest Corn (4oz) and Pear Cup (4oz), 1% Low Fat Milk (0.5pt)	Spaghetti with Meatballs (6.5oz) Cheesy Spinach (4oz) Wheat Roll (1.25oz) Applesauce(4oz), 1% Low Fat Milk (0.5pt)	2 Mini All Beef Hot Dogs with Buns (4 oz), Chili (3oz) Roasted Green Beans (4oz) Graham Crackers (0.5oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Turkey Cheese Pizza (4oz), Roasted Potato Wedges (3oz) Seasoned Carrots (4oz), and a Peach Cup (4oz), 1% Low Fat Milk (0.5pt)
Mon	Tue	Wed	Thu	Fri
28	29	30	31	1
Salisbury Steak (4oz) with Mashed Potatoes (3oz), Green Beans (4oz) and Gravy, Graham Crackers (.5oz) x2 Oranges, 1% Low Fat Milk (0.5pt)	Baked Chicken Wings (7.4oz) Cheesy Potatoes (3oz) Peas (4oz) Graham Crackers (0.5oz) Pear Cup (4oz), 1% Low Fat Milk (0.5pt)	Turkey Bites & Mac(4.5oz), Rosemary Zucchini with Cherry Tomatoes(4oz), and a Pear cup(4oz), 1% Low Fat Milk (0.5pt)	Orange Sesame Chicken (3.5oz) Asian Brown Rice (2oz) Seasoned Broccoli (4oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Turkey Cheese Pizza (4oz) Roasted Potato Wedges (3oz) Seasoned Carrots (4oz) Peach Cup (4.5oz),1% Low Fat Milk (0.5pt)
<u>Acronyms</u> WGR: Whole Grain Rich Note: All main component food items have CN label	<u>Identification of mixed foods</u> Mixed Fruit Cup: diced pears, peaches, and Cherries. Vegetable cup may be one of: peas & carrots, peas, corn, green beans, or carrots.	<u>Required Disclaimers</u> Children 24 months and older will be served 1% or fat free milk Water is available to all participants through a water fountain This Institution is an Equal Opportunity Provider		<u>Special Notes</u> This menu may change without notice due to supply issues Items are delivered and served Hot free Menu