

# FROM THE HEART - OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>* Menu Subject to Change</b></p> <p>All Meals Provided by Feeding Their Future</p> <p>This institution is an equal opportunity provider.</p>	1	2	3	4
	<p><b>Breakfast:</b> Waffles, Fruit, Milk</p> <p><b>Lunch:</b> <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Pinto Beans, Milk</p> <p><b>Snack:</b> Graham Crackers, Milk</p>	<p><b>Breakfast:</b> Pancakes, Fruit, Milk</p> <p><b>Lunch:</b> <i>Sloppy Joes</i> Ground Turkey, WG Bun, Tater Tots, Fruit, Milk</p> <p><b>Snack:</b> Ritz, Cheese</p>	<p><b>Breakfast:</b> Biscuits, Fruit, Milk</p> <p><b>Lunch:</b> <i>BBQ Chicken</i> Chicken, WG Roll, Mashed Potatoes, Fruit, Milk</p> <p><b>Snack:</b> Cheez Its, 100% Fruit Juice</p>	<p><b>Breakfast:</b> English Muffins, Fruit, Milk</p> <p><b>Lunch:</b> <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Carrot Sticks, Milk</p> <p><b>Snack:</b> WG Animal Crackers, Milk</p>
7	8	9	10	11
<p><b>Breakfast:</b> Rice Krispies, Fruit, Milk</p> <p><b>Lunch:</b> <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk</p> <p><b>Snack:</b> Goldfish, 100% Fruit Juice</p>	<p><b>Breakfast:</b> Special K, Fruit, Milk</p> <p><b>Lunch:</b> <i>Baked Chicken</i> Chicken, WG Pasta, Salad, Green Beans, Milk</p> <p><b>Snack:</b> WG Graham Crackers, Milk</p>	<p><b>Breakfast:</b> Pancakes, Fruit, Milk</p> <p><b>Lunch:</b> <i>Chicken Salad</i> Chicken, WG Pita, Cucumber, Salad, Milk</p> <p><b>Snack:</b> Wheat Thins, Cheese</p>	<p><b>Breakfast:</b> Yogurt, Fruit, Milk</p> <p><b>Lunch:</b> <i>M.Y.O. Bean &amp; Cheese Burrito</i> Refried Beans, Tortilla, Salad, Fruit, Milk</p> <p><b>Snack:</b> Pretzels, Cheese</p>	<p><b>Breakfast:</b> Pancakes, Fruit, Milk</p> <p><b>Lunch:</b> <i>Southwestern Chicken Salad</i> Chicken, WG Pita, Corn, Salad, Milk</p> <p><b>Snack:</b> Wheat Thins, Cheese</p>
14	15	16	17	18
<p><b>Breakfast:</b> Corn Flakes, Fruit, Milk</p> <p><b>Lunch:</b> <i>Burger Slider</i> WG Bun, Carrots, Tater Tots, Milk</p> <p><b>Snack:</b> Chex Mix, 100% Fruit Juice</p>	<p><b>Breakfast:</b> Waffles, Fruit, Milk</p> <p><b>Lunch:</b> <i>Penne Pasta</i> Ground Turkey, WG Penne Pasta, Peas, Fruit, Milk</p> <p><b>Snack:</b> Pretzels, Cheese</p>	<p><b>Breakfast:</b> Bagel, Fruit, Milk</p> <p><b>Lunch:</b> <i>Teriyaki Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk</p> <p><b>Snack:</b> Animal Crackers, Milk</p>	<p><b>Breakfast:</b> WG Life, Fruit, Milk</p> <p><b>Lunch:</b> <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Corn, Milk</p> <p><b>Snack:</b> Wheat Thins, 100% Fruit Juice</p>	<p><b>Breakfast:</b> Pancakes, Fruit, Milk</p> <p><b>Lunch:</b> <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Salad, Cucumber, Milk</p> <p><b>Snack:</b> Ritz Crackers, Cheese</p>
21	22	23	24	25
<p><b>Breakfast:</b> Biscuits, Fruit, Milk</p> <p><b>Lunch:</b> <i>Meatball Sub</i> Meatball, WG Sub Roll, Tater Tots, Cole Slaw, Milk</p> <p><b>Snack:</b> Yogurt, Granola</p>	<p><b>Breakfast:</b> Biscuits, Fruit, Milk</p> <p><b>Lunch:</b> <i>Taco</i> Ground Turkey, Refried Beans, WG Corn Tortilla, Fruit, Milk</p> <p><b>Snack:</b> Yogurt, Granola</p>	<p><b>Breakfast:</b> Bagel, Fruit, Milk</p> <p><b>Lunch:</b> <i>Spaghetti</i> Ground Turkey, WG Spaghetti, Green Beans, Salad, Milk</p> <p><b>Snack:</b> Cheez Its, 100% Fruit Juice</p>	<p><b>Breakfast:</b> WG Cheerios, Fruit, Milk</p> <p><b>Lunch:</b> <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Fruit, Milk</p> <p><b>Snack:</b> WG Animal Crackers, Milk</p>	<p><b>Breakfast:</b> WG Corn Flakes, Fruit, Milk</p> <p><b>Lunch:</b> <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk</p> <p><b>Snack:</b> Wheat Thins, Cheese</p>
28	29	30	31	
<p><b>Breakfast:</b> WG Life, Fruit, Milk</p> <p><b>Lunch:</b> <i>Baked Chicken</i> Chicken, Mashed Potatoes, WG Dinner Roll, Green Beans, Milk</p> <p><b>Snack:</b> WG Goldfish, 100% Fruit Juice</p>	<p><b>Breakfast:</b> Yogurt, Fruit, Milk</p> <p><b>Lunch:</b> <i>Spaghetti &amp; Meatballs</i> Meatballs, WG Pasta, Mixed Vegetables, Fruit, Milk</p> <p><b>Snack:</b> Pretzels, Cheese</p>	<p><b>Breakfast:</b> WG Cheerios, Fruit, Milk</p> <p><b>Lunch:</b> <i>Hawaiian Chicken</i> Chicken, Rice, Mixed Vegetables, Fruit, Milk</p> <p><b>Snack:</b> Goldfish, 100% Fruit Juice</p>	<p><b>Breakfast:</b> WG Life, Fruit, Milk</p> <p><b>Lunch:</b> <i>Chicken Nuggets</i> Breaded Chicken Nuggets, WG Bun, Carrot Sticks, Fruit, Milk</p> <p><b>Snack:</b> Wheat Thins, 100% Fruit Juice</p>	 <p style="text-align: center;">FEEDING THEIR FUTURE NUTRITION PROGRAM</p>

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

**Breakfast (Ages 1-2):** grain - ½ serving bread or muffin or ½ oz eq dry cereal or ¼ cup hot cereal; fruit or vegetable- 1/4 cup; milk - ½ cup  
**1% plain milk (whole milk for children age 1)**

**(Ages 3-5):** grain - ½ serving bread or muffin or ½ oz eq dry cereal or ¼ cup hot cereal; fruit or vegetable- ½ cup; milk - ¾ cup  
**1% plain milk**

**Lunch: (Ages 1-2)** meat/meat alternate - 1 oz; grain - ½ serving bread or ¼ cup cooked grain; vegetable - 1/8 cup; fruit or vegetable - 1/8 cup; milk- 1/2 cup  
**1% plain milk (whole milk for children age 1)**

**(Ages 3-5)** meat/meat alternate - 1½oz; grain - ½ serving bread or ¼ cup cooked grain; vegetable - ¼ cup; fruit or vegetable - ¼ cup; milk- ¾ cup  
**1% plain milk**

**Snack (two of the following): (Ages 1-2 and 3-5)** meat/meat alternate - ½ oz, yogurt 2 oz; grain - ½ serving bread or ¼ cup cooked grain; fruit or vegetable- ½ cup; milk- ½ cup  
**1% plain milk (whole milk for children age 1)**

\*(WG) = Whole Grain