

SEASD MONTHLY MEAL PLANNER : October 2021

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					1 Vegetable Bean Chili Mac w/ Corn Bread Muffin with <u>VEG Of The Day</u> Carrots <u>Fruit of the Day</u> Mixed Fruit
WEEK 2	4 French Toast Sticks w/ Sausage with <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	5 National Taco Day Twin Tacos with <u>VEG Of The Day</u> Rice & Beans <u>Fruit of the Day</u> Mixed Fruit	6 Cheese Ravioli w/ Marinara Sauce & Bread Stick with <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Applesauce	7 Cheeseburger with <u>VEG Of The Day</u> Baked Beans <u>Fruit of the Day</u> Peaches	8 Chicken Tenders with <u>VEG Of The Day</u> Waffle Fries <u>Fruit of the Day</u> Fresh Strawberries
WEEK 3		12 Pancakes Served w/ Sausage with <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Mixed Fruit	13 Loaded Tater Tots & Popcorn Chicken w/Garlic Toast with <u>VEG Of The Day</u> Corn <u>Fruit of the Day</u> Peaches	14 Chicken Nachos Grande with <u>VEG Of The Day</u> Rice & Beans <u>Fruit of the Day</u> Peaches	15 National Pasta Day Spaghetti W/ Meatballs with <u>VEG Of The Day</u> Broccoli <u>Fruit of the Day</u> Grapes
WEEK 4	18 French Toast Sticks w/ Sausage with <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	19 <u>Soup & Sandwich Day</u> Toasted Grilled Cheese with <u>VEG Of The Day</u> Tomato Soup <u>Fruit of the Day</u> Mixed Fruit	20 Chicken Nugget Breakfast Bowl with <u>VEG Of The Day</u> Celery Sticks <u>Fruit of the Day</u> Applesauce	21 General Tso beef & vegetables with <u>VEG Of The Day</u> Rice <u>Fruit of the Day</u> Peaches	22 Pizza Sticks with <u>VEG Of The Day</u> Side Salad <u>Fruit of the Day</u> Fresh Strawberries
WEEK 5	25 Pancakes Served w/ Sausage with <u>VEG Of The Day</u> Hash Browns <u>Fruit of the Day</u> Pears	26 Chicken Tikka Masala with <u>VEG Of The Day</u> Red Pepper Strips <u>Fruit of the Day</u> Mixed Fruit	27 Cheese Ravioli w/ Marinara Sauce with <u>VEG Of The Day</u> Green Beans <u>Fruit of the Day</u> Applesauce	28 Salisbury Steak w/Egg Noodles & Gravy with <u>VEG Of The Day</u> Celery Sticks <u>Fruit of the Day</u> Peaches	29 Balsamic Glazed Parmesan Popcorn Chicken w/ Creamy Italian Rice with <u>VEG Of The Day</u> Cucumber & Tomato Salad <u>Fruit of the Day</u> Grapes





October 1- Vegetarian Day



October 5th—National Taco Day



October 15th- National Pasta Day



**October 26- Sample meal of October
Chicken Tikka Masala**



**October Giveaways from ACE
is Sunglasses**

Alternative Hot Lunch
Chicken Nuggets, Chicken Patty or Pizza

Alternative Cold Lunch Offered daily
Turkey & Cheese Hoagie
Ham & Cheese Hoagie
Spring Ford Salad offered daily
All alternate Fruit & Vegetables available daily
Fruit of the Month : Sliced Apples