

FMSD October Supper Menu

10/5 Monday	10/6 Tuesday	10/7 Wednesday	10/8 Thursday	10/9 Friday
Whole Grain Taco Nada 2MMA 2G (1 ea) Cucumber (1/2c) V Apple (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Cheese Stuffed Breadsticks 2 MMA 2G (1 pair) Jicama Sticks IW(1/2c) V Honey Dew IW (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Chicken Tenders 2MMA 2G (3 ea) Baby Carrots IW (1/2c) V Banana (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Chicken Corn Dog 2 MMA 2G (1 ea) Cucumber Coins (1/2c) V Cantaloupe IW (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Peanutbutter/ Sunbutter & Jelly Sandwich with String Cheese 2 MMA 1G (1 ea) Baby Carrots (1/2c) V Orange (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)
10/12 Monday	10/13 Tuesday	10/14 Wednesday	10/15 Thursday	10/16 Friday
Whole Grain French Bread 2 MMA 2G (1 ea) Cucumber (1/2c) V Apple (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Green Chile and Cheese Tamale 1.5 MMA 2G (1 ea) Jicama IW (1/2c) V Honeydew IW (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Chicken Tenders 2MMA 2G (3 ea) Baby Carrot (1/2c) V Banana (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Cheese Stuffed Breadsticks 2 MMA 2G (1 pair) Cucumber Coins (1/2c) V Cantaloupe (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Peanutbutter/ Sunbutter & Jelly Sandwich with String Cheese 2MMA 1G (1 ea) Baby Carrots (1/2c) V Orange (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)

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10/19 Monday	10/20 Tuesday	10/21 Wednesday	10/22 Thursday	10/23 Friday
Whole Grain Taco Nada 2MMA 2G (1 ea) Cucumber (1/2c) V Apple (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Cheese Stuffed Breadsticks 2 MMA 2G (1 pair) Jicama Sticks IW(1/2c) V Honey Dew IW (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Chicken Tenders 2MMA 2G (3 ea) Baby Carrots IW (1/2c) V Banana (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Chicken Corn Dog 2 MMA 2G (1 ea) Cucumber Coins (1/2c) V Cantaloupe IW (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Peanutbutter/ Sunbutter & Jelly Sandwich with String Cheese 2 MMA 1G (1 ea) Baby Carrots (1/2c) V Orange (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)
10/26 Monday	10/27 Tuesday	10/28 Wednesday	10/29 Thursday	10/30 Friday
Whole Grain French Bread 2 MMA 2G (1 ea) Cucumber (1/2c) V Apple (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Green Chile and Cheese Tamale 1.5 MMA 2G (1 ea) Jicama IW (1/2c) V Honeydew IW (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Chicken Tenders 2MMA 2G (3 ea) Baby Carrot (1/2c) V Banana (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Cheese Stuffed Breadsticks 2 MMA 2G (1 pair) Cucumber Coins (1/2c) V Cantaloupe (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)	Whole Grain Peanutbutter/ Sunbutter & Jelly Sandwich with String Cheese 2MMA 1G (1 ea) Baby Carrots (1/2c) V Orange (1/2c) F 1% White Milk (8oz) NF Chocolate Milk (8oz)