

Week 3

Oct 19 – Oct 23

Monday

October 19

-  Cheese quesadillas
-  Rice
-  Black beans
-  Grapes
-  Sliced peppers & ranch

Tuesday

October 20

-  Ham & provolone hoagies
-  Pretzels
-  Green beans
-  Apple slices
-  Chocolate zucchini banana bites

Wednesday

October 21

-  Grilled cheese
-  Tomato soup
-  Broccoli
-  Applesauce
-  Carrot sticks & hummus

Thursday

October 22

-  **Dragons Love Tacos**
-  Taco shells
-  Ground beef
-  Lettuce & cheese
-  Corn
-  Pineapple tidbits

Friday

October 23

-  Hot dogs
-  Tater tots
-  Baked beans
-  Applesauce
-  GoGurt sticks

* Monday Oct 19 features cheese quesadillas this week.

Week 1 Repeats

Oct 26 – Oct 30

Monday

October 26

-  **Build-Your-Own Sushi**
-  White sticky sushi rice or seaweed sandwich
-  Edamame (shelled)
-  Cucumber & carrot sticks
-  Seaweed snacks
-  Cheese cubes
-  Sliced strawberries

Tuesday

October 27

-  Corn dogs
-  Mac & cheese
-  Asparagus
-  Applesauce

Wednesday

October 28

-  Chicken nuggets
-  Waffle fries
-  Lima beans
-  Pineapple tidbits
-  Vanilla pudding cups

Thursday

October 29

-  Chicken & cheese zucchini egg muffins
-  Buttered noodles
-  Broccoli
-  Strawberries
-  Yogurt with granola

Friday

October 30

-  **Build-Your-Own Pizza**
-  Pita bread
-  Mozzarella
-  Marinara cups
-  Turkey pepperoni
-  Carrot sticks & ranch
-  Sliced grapes
-  Spooky Halloween treat

Any children with allergens are served a reasonable substitute. All allergen meals are labeled and packaged separately to ensure the elimination of cross-contamination.

 Nut & Peanut Free Facility

 Allergy Substitutes Available

 Separately Labeled & Packaged