

# October 2023 Preschool - All Locations (Allen, Bryant, Mitchell, Thurston, Westerman)

Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Snack • Tostitos Tortilla Chips • Salsa	<b>3</b> Snack • Low Fat Mozzarella String Cheese • Sliced Fresh Apples	<b>4</b> Snack • Cheddar Goldfish Crackers • Sliced Cucumbers	<b>5</b> Snack • Bug Bites Graham Crackers • Fresh Carrots	<b>6</b> Snack • Cinnamon Goldfish Graham Crackers • Strawberry Banana Bash Yogurt
<b>9</b> Snack • Whole Grain Cheez-It Crackers • Fresh Broccoli Florets	<b>10</b> Snack • Cranberry Granola • Raspberry Rainbow Yogurt	<b>11</b> Snack • Pretzel Heartzels • Celery Sticks with Hummus	<b>12</b> Snack • Cinnamon Goldfish Graham Crackers • Sliced Cucumbers	<b>13</b> No Service
<b>16</b> No School, Fall Break	<b>17</b> Snack • Low Fat Mozzarella String Cheese • Fresh Banana	<b>18</b> Snack • Cheddar Goldfish Crackers • Sliced Cucumbers	<b>19</b> Snack • Bug Bites Graham Crackers • Fresh Carrots	<b>20</b> No Service
<b>23</b> Snack • Whole Grain Cheez-It Crackers • Sliced Cucumbers	<b>24</b> Snack • Cheddar Goldfish • Carrot & Celery Sticks	<b>25</b> Snack • Pretzel Heartzels • Sliced Fresh Apples	<b>26</b> Snack • Cinnamon Goldfish Graham Crackers • Raspberry Rainbow Yogurt	<b>27</b> No Service
<b>30</b> Snack • Tostitos Tortilla Chips • Salsa	<b>31</b> Snack • Low Fat Mozzarella String Cheese • Fresh Red Seedless Grapes			

**Menus Subject to Change** We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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## Lunch

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1	2	3	4	5	6
	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Teriyaki Beef</li> <li>• Brown Fried Rice</li> </ul> <p>Alternate Entrees</p> <ul style="list-style-type: none"> <li>• Brown Fried Rice</li> <li>• Teriyaki Sauce</li> <li>• Vegan Chlc'n Nuggets</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Chilled Peaches</li> <li>• Seasoned Broccoli Florets</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Cheese Stuffed Breadsticks</li> <li>• Marinara Sauce</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Fresh Pear</li> <li>• Mexican Style Refried Beans</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Toasty Three Cheese Sandwich</li> <li>• Tomato Soup</li> </ul> <p>Alternate Entrees</p> <ul style="list-style-type: none"> <li>• Sunbutter &amp; Grape Jelly Sandwich</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Hash Brown Patty</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Whole Grain Waffle</li> <li>• Turkey Sausage Patty</li> </ul> <p>Alternate Entrees</p> <ul style="list-style-type: none"> <li>• Turkey &amp; Cheese Pinwheel</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Fresh Red Delicious Apple</li> <li>• Sugar Snap Peas</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Penne Pasta</li> <li>• Marinara Sauce</li> <li>• Beef Meatballs</li> <li>• Shredded Mozzarella Cheese</li> </ul> <p>Alternate Entrees</p> <ul style="list-style-type: none"> <li>• Muffin, Cheese, &amp; Yogurt Fun Lunch</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Seasoned Carrots</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• Low Fat Lactose-Free Milk</li> <li>• Skim Milk</li> </ul>
8	9	10	11	12	13
	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Macaroni and Cheese</li> <li>• Breadstick</li> <li>• Shredded Cheddar Cheese</li> </ul> <p>Alternate Entrees</p> <ul style="list-style-type: none"> <li>• Yogurt, Cheese &amp; Cracker Fun Lunch</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Fruit Cocktail</li> <li>• Cauliflower</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Stuffed Crust Cheese Pizza</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Roasted Red &amp; Green Bell Peppers</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Sunbutter &amp; Grape Jelly Sandwich</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Chilled Peaches</li> <li>• Tater Tots</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Chicken Nuggets</li> <li>• Whole Grain Dinner Roll</li> </ul> <p>Alternate Entrees</p> <ul style="list-style-type: none"> <li>• Vegan Chlc'n Nuggets</li> <li>• Whole Grain Dinner Roll</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Fresh Banana</li> <li>• Boston Baked Beans</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	No Service
15	16	17	18	19	20
No School, Fall Break	No School, Fall Break	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Classic Four Cheese Pizza</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Fresh Pear</li> <li>• Mexican Style Refried Beans</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Chicken Swedish Meatballs</li> <li>• Whole Grain Dinner Roll</li> </ul> <p>Alternate Entrees</p> <ul style="list-style-type: none"> <li>• Sunbutter &amp; Grape Jelly Sandwich</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Pineapple Tidbits</li> <li>• Mashed Potatoes</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Fresh Baked Whole Grain Biscuit</li> <li>• Boneless Chicken Wings with Honey BBQ Sauce</li> </ul> <p>Alternate Entrees</p> <ul style="list-style-type: none"> <li>• Vegan Chlc'n Nuggets</li> <li>• Whole Grain Dinner Roll</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Fresh Banana</li> <li>• Seasoned Corn</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	No Service
22	23	24	25	26	27
	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Classic American Cheeseburger</li> </ul> <p>Alternate Entrees</p> <ul style="list-style-type: none"> <li>• Veggie Burger</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Sliced Fresh Apples</li> <li>• Seasoned Broccoli Florets</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Beef Taco Meat</li> <li>• Soft Flour Tortilla</li> <li>• Shredded Romaine Lettuce</li> <li>• Shredded Cheddar Cheese</li> <li>• Low Fat Sour Cream</li> </ul> <p>Alternate Entrees</p> <ul style="list-style-type: none"> <li>• Soft Flour Tortilla</li> <li>• Mexican Style Refried Beans</li> <li>• Shredded Romaine Lettuce</li> <li>• Shredded Cheddar Cheese</li> <li>• Low Fat Sour Cream</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Seasoned Corn</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Cheese Stuffed Breadsticks</li> <li>• Campbell's Tomato Soup</li> </ul> <p>Alternate Entrees</p> <ul style="list-style-type: none"> <li>• Sunbutter &amp; Grape Jelly Sandwich</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Chilled Peaches</li> <li>• Tater Tots</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Chicken Tenders</li> <li>• Whole Grain Dinner Roll</li> </ul> <p>Alternate Entrees</p> <ul style="list-style-type: none"> <li>• Vegan Chlc'n Nuggets</li> <li>• Whole Grain Dinner Roll</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Cinnamon Glazed Carrots</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	No Service
29	30	31			
	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Creamy Alfredo Sauce</li> <li>• Breadstick</li> <li>• Shredded Mozzarella Cheese</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Sliced Fresh Apples</li> <li>• Yellow Squash</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>	<p>Main Entrees</p> <ul style="list-style-type: none"> <li>• Personal Cheese Pizza</li> </ul> <p>Sides for All Meals</p> <ul style="list-style-type: none"> <li>• Chilled Peaches</li> <li>• Spinach &amp; Romaine Salad</li> <li>• Ranch Dressing</li> <li>• Golden Italian Dressing</li> </ul> <p>Milk &amp; Condiments</p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Skim Milk</li> </ul>			

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## Breakfast

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b> Breakfast • Whole Grain Waffles • Vanilla Yogurt Sides for All Meals • Fresh Pear • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk	<b>3</b> Breakfast • Whole Grain Apple Cinnamon Muffin • Vanilla Yogurt Sides for All Meals • Red Delicious Apple Halved • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk • Syrup	<b>4</b> Breakfast • Pancakes • Vanilla Yogurt Sides for All Meals • Fresh Banana • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk	<b>5</b> Breakfast • Corn Chex Cereal • Vanilla Yogurt Sides for All Meals • Blueberries • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk • Syrup	<b>6</b> Breakfast • Bagel • Cream Cheese • Strawberry Jam • Vanilla Yogurt Sides for All Meals • Fresh Banana • Fresh Whole Fruit Milk & Condiments • 1% Low-fat Milk • Skim Milk
<b>8</b>	<b>9</b> Breakfast • Cinnamon French Toast Sides for All Meals • Fresh Pear • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk • Syrup	<b>10</b> Breakfast • Whole Grain Blueberry Muffin • Low Fat Mozzarella String Cheese Sides for All Meals • Red Delicious Apple Halved • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk	<b>11</b> Breakfast • Whole Grain Waffles Sides for All Meals • Fresh Banana • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk • Syrup	<b>12</b> Breakfast • Cheerios Cereal • Vanilla Yogurt Sides for All Meals • Blueberries • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk	<b>13</b> No Service
<b>15</b> No School, Fall Break	<b>16</b> No School, Fall Break	<b>17</b> Breakfast • WG Banana Muffin • Low Fat Mozzarella String Cheese Sides for All Meals • Red Delicious Apple Halved • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk • Syrup	<b>18</b> Breakfast • Cinnamon French Toast Sides for All Meals • Fresh Banana • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk	<b>19</b> Breakfast • Corn Chex Cereal • Vanilla Yogurt Sides for All Meals • Blueberries • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk • Syrup	<b>20</b> No Service
<b>22</b>	<b>23</b> Breakfast • Whole Grain Waffles Sides for All Meals • Fresh Pear • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk • Syrup	<b>24</b> Breakfast • Whole Grain Apple Cinnamon Muffin • Low Fat Mozzarella String Cheese Sides for All Meals • Red Delicious Apple Halved • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk	<b>25</b> Breakfast • Pancakes Sides for All Meals • Fresh Banana • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk • Syrup	<b>26</b> Breakfast • Corn Chex Cereal • Vanilla Yogurt Sides for All Meals • Blueberries • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk	<b>27</b> No Service
<b>29</b>	<b>30</b> Breakfast • Cinnamon French Toast • Vanilla Yogurt Sides for All Meals • Fresh Pear • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk	<b>31</b> Breakfast • Whole Grain Blueberry Muffin • Low Fat Mozzarella String Cheese Sides for All Meals • Red Delicious Apple Halved • Fresh Whole Fruit Milk & Condiments • Skim Milk • 1% Low-fat Milk • Syrup			

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