Fall Menu 2024

September / October / November

food2you

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	9/9, 10/7, 11/4	9/10, 10/8, 11/5	9/11, 10/9, 11/6	9/12, 10/10, 11/7	9/13, 10/11, 11/8
Breakfast	• Toasted Oats, Oranges, Org. Milk	• WG Pancakes* w/ Applesauce, Pineapple, Org. Milk	• WG Biscuits*, Turkey Sausage, (V) Eggs, Apples, Org. Milk	• Mini Bagels, Cream Cheese, Oranges, Org. Milk	• Blueberry Muffins, Honeydew, Org. Milk
Lunch	• Chx. Sliders, WG Rolls, (V) Veg. Burger, Tomato Ketchup, Green Beans & Cauliflower, Apples	• Chx. Fajitas, WG Tortillas (V) Tofu Fajitas, Peas & Carrots, Bananas	• Three Cheese Ravioli, Marinara, Broccoli & Yellow Beans, Cantaloupe	• Southwest Chx., Brown Rice Bowl, (V) Org. Tofu, 4 Veggie Blend, Watermelon	• WG* Garlic Bread Pizza, Green Beans, Diced Carrots, Fruit Salad
Snack	• Mini Pretzel Twists, String Cheese, Water	• Kids Mix, Peaches, Water	• Cheddar Goldfish, Org. Milk	• Vanilla Yogurt, Bananas, Water	• Club Crackers, Apples, Water
Week 2	9/16, 10/14, 11/11	9/17, 10/15, 11/12	9/18, 10/16, 11/13	9/19, 10/17, 11/14	9/20, 10/18, 11/15
Breakfast	• Corn Chex, Oranges, Org. Milk	• Hash Browns, Scrambled Eggs, Pineapple, Org. Milk	• WG French Toast Sticks, Turkey Sausage, (V) Eggs, Apples, Org. Milk	• Toasted Oats, Strawberry Yogurt, Oranges, Org. Milk	• Apple Spice Muffins, Cantaloupe, Org. Milk
Lunch	• WG Mac & Cheese, Broccoli & Yellow Beans, Apples	• Chx. Meatballs In Brown Gravy, (V) Tofu In Gravy, WG Rolls, Peas & Carrots, Bananas	• Turkey Burger w/ Cheese, . (V) Veg. Burger, Buns & Ketchup, Green Beans & Cauliflower, Honeydew	• WG Chx. Bites*, Tomato Ketchup, (V) Veg. Bites, 4 Veg. Blend, Watermelon	• Pasta & Chx. Stroganoff, (V) Tofu Stroganoff, Green Beans & Diced Carrots, Fruit Salad
Snack	• Mini Croissant, American Cheese, Water	• Cheddar Goldfish, Plums, Water	• Mini Bagels, Cream Chz., Milk	• Animal Crackers, Bananas, Water	• WG Wheat Crackers, Apples, Water
Week 3	9/23, 10/21, 11/18	9/24, 10/22, 11/19	9/25, 10/23, 11/20	9/26, 10/24, 11/21	9/27, 10/25, 11/22
Breakfast	• Shredded Mini Wheats, Oranges, Org. Milk	• WG Pancakes* w/ Applesauce, Pineapple, Org. Milk	• Homemade WG Granola*, Vanilla Yogurt, Apples, Org. Milk	• Hash Browns, Turkey Sausage, Oranges, Org. Milk	• Lemon Poppy Muffins, Honeydew, Org. Milk
Lunch	• WG Cheese Tortellini In Garlic & Herb Oil, Green Beans & Cauliflower, Apples	• WG Rotini, Roasted Tomato Sauce, Chx. Sausage (V) Org. Tomato Tofu, Peas & Carrots, Bananas .	• Chx. Meatballs In Brown Gravy, (V) Tofu In Gravy, WG Rolls, Broccoli & Yellow Beans, Cantaloupe	• Chx. Fajitas, WG Tortillas (V) Tofu Fajitas, Veggie Blend, Watermelon	• Chx. Alfredo, WG Rotini, (V) Tofu Alfredo, Green Beans, Diced Carrots, Fruit Salad
Snack	• Ritz Crackers, String Cheese, Water	• Mini Bagels, Cream Cheese, Peaches	• Saltine Crackers, American Cheese, Water	• Graham Squares*, Bananas, Water	• Kids Mix, Apples, Water
Week 4	9/2, 9/30, 10/28, 11/25	9/3, 10/1, 10/29, 11/26	9/4, 10/2, 10/30, 11/27	9/5, 10/3, 10/31, 11/28	9/6, 10/4, 11/1, 11/29
Breakfast	• Rice Krispies, Oranges, Org. Milk	• WG Waffles* w/ Applesauce, Pineapple, Org. Milk	• Mini Bagels, Cream Cheese, Apples, Org. Milk	• WG Biscuits*, Turkey Sausage, (V) Eggs, Oranges, Org. Milk	• Orange Blossom Muffins, Cantaloupe, Org. Milk
Lunch	• Turkey Burger w/ Cheese, (V) Veggie Burger, Buns & Ketchup, Broccoli & Yellow Beans, Apples	• Herb Chx. & WG Rotini Pasta, (V) Org. Herb Tofu, Green Beans & Cauliflower, Bananas	• WG Chx. Bites*, Tomato Ketchup, (V) Veg. Bites, Peas & Carrots, Honeydew	• WG* Mac And Cheese, 4 Veggie Blend, Watermelon	• Chx. Marinara, WG Penne, (V) Veg. Crumbles, Green Beans, Diced Carrots, Fruit Salad
Snack	• WG Wheat Crackers*, American Cheese, Water	• Animal Crackers, Plums, Water	• Toasted Oats, Vanilla Yogurt, Water	• Mini Croissant, Bananas, Water	• Club Crackers, Apples, Water

Org. Milk SERVED WITH ALL BREAKFAST AND LUNCHES* – Menu provided by Food2You. Water available to children at all times - (*) denotes item is Whole Grain (WG) v.1.0. This menu has been reviewed by Betsy Sejud, MHA, RD, LD – (*) denotes item is Whole Grain (WG)