



October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Chicken Fajitas w/ WW Tortilla Carrots Pears	4 Chicken Fried Rice Peas Applesauce	5 WG Chicken Nuggets Mashed Sweet Potato Orange	6 Korean BBQ Turkey w/WG Rice Cucumbers Banana	7 Mac & Cheese Green Beans Apple	8
9	10 Closed	11 Sweet & Sour Turkey w/ WG Rice Cucumbers Applesauce	12 Pasta w/ Meat Sause Italian Green Beans Orange	13 Arroz con Pollo Mashed Sweet Potato Banana	14 WG Chicken Nuggets Vegetarian Baked Beans Pear	15
16	17 Chicken Fried Rice Peas & Carrots Apple	18 Pasta w/ Meat Sause Italian Green Beans Orange	19 WG English Muffin Pizza Vegetarian Baked Beans Pear	20 Mac & Cheese Cucumbers Banana	21 Chicken Teriyaki w/ WG Rice Sweet Corn Applesauce	22
23	24 Arroz con Pollo Peas Pear	25 WG Chicken Nuggets Carrots Orange	26 Turkey Taco Green Beans Applesauce	27 Turkey Sandwich Vegetarian Baked Beans Banana	28 Chicken Fajitas w/ WW Tortilla Mashed Sweet Potato Apple	29
30	31					All meals are served with 1% Milk – Preschool Whole Milk – Infant/Toddler