

October 2019 School Menu

We serve whole grain products, fresh fruits, and no canned food.

Cereals Served: corn flakes, cheerios, Captain Crunch.

Fresh Fruits Served: *bananas, apples, oranges, pineapples, peaches, cantaloupe, melons, strawberries, mango, grapes (3 years or older.)*

Cold milk served at breakfast and lunch; water served with every meal and snack.

<p style="text-align: center;">30</p> <p>BKF: Pancakes, Cereal and Fresh Fruit AM Snack: Bananas and Wheat Crackers PM Snack: Austin Cheddar Cheese Crackers and Apple Slices/Apple Sauce for Young Toddlers</p> <p>Lunch: Wheat Bun with Turkeydog, Fresh Cucumber Slices/Steamed Vegetable and Fruit (Vegetarian Option: Bean and Cheese Quesadilla)</p>	<p style="text-align: center;">1</p> <p>BKF: Wheat French Toast, Cereal and Fresh Fruit AM Snack: Apple Sauce and Grahams PM Snack: Rice Krispies and Fruit Snacks/Bananas (Fruits & Grahams for Young Toddlers)</p> <p>Lunch: Turkey Enchiladas with Fresh Corn, and Fresh Fruit (Vegetarian Option: Bean Enchilada)</p>	<p style="text-align: center;">2</p> <p>BKF: Biscuit with Jelly and Fresh Fruit AM Snack: Cheerios and Raisins PM Snack: Carroteenies with Ranch and Cheez'its/(Berries & Cheez'its for Young Toddlers)</p> <p>Lunch: Beef Meatballs with Gravy and Brown Rice, Fresh Steamed Carrots, and Fresh Fruit (Vegetarian Option: Brown Rice with Gravy and Veggie Burger)</p>	<p style="text-align: center;">3</p> <p>BKF: Bagels with Cream Cheese, Cereal and Fruit. AM Snack: Whole Grain Strawberry Waffle PM Snack: Animal Cookies and Apple Slices (Animal Cookies & Apple Sauce for the Young Toddlers)</p> <p>Lunch: Fish Sticks, Fresh Green Beans, and Fresh Fruit (Vegetarian Option: Fishless Filets)</p>	<p style="text-align: center;">4</p> <p>BKF: Cereal, Oatmeal and Fresh Fruit AM Snack: Yogurt with Granola/Berries PM Snack: Trail Mix/Gold Fish (Cheerios for Young Toddlers)</p> <p>Lunch: Beef Baked Ziti, Fresh Steamed Veggies and Fresh Fruit (Vegetarian Option: Baked Ziti)</p>
<p style="text-align: center;">7</p> <p>BKF: Pancakes, Cereal and Fresh Fruit AM Snack: Bananas and Wheat Crackers PM Snack: Cinnamon Wheat Soft Pretzel</p> <p>Lunch: Whole Wheat Spaghetti with Meat Sauce, Fresh Steamed Carrots and Fresh Fruit (Vegetarian Option: Pasta with Spaghetti Sauce)</p>	<p style="text-align: center;">8</p> <p>BKF: Wheat French Toast, Cereal and Fresh Fruit AM Snack: Cinnamon Apple Sauce and Grahams PM Snack: Carroteenies with Ranch and Cheez'its (Berries & Cheez'its for Young Toddlers)</p> <p>Lunch: White Chicken Breast and Spanish Rice, Fresh Corn and Fresh Fruit (Vegetarian Option: Spanish Rice with Veggie Tenders)</p>	<p style="text-align: center;">9</p> <p>BKF: Biscuit with Jelly, Fresh Fruit AM Snack: Cheerios and Captain Crunch PM Snack: Fresh Baked Oatmeal Raisin Cookies</p> <p>Lunch: Bowtie Pasta with Chicken Alfredo Sauce, Fresh Steamed Peas & Carrots, & Fresh Fruit (Vegetarian Option: Pasta Alfredo)</p>	<p style="text-align: center;">10</p> <p>BKF: Bagels with Cream Cheese, Cereal and Fresh Fruit AM Snack: Apple Cinnamon Waffle PM Snack: Vanilla Pudding and Wafers</p> <p>Lunch: Turkey Corndogs, Fresh Steamed Broccoli with Cheese, and Fresh Fruit (Vegetarian Option: Veggie Nuggets)</p>	<p style="text-align: center;">11</p> <p>BKF: Cereal, Oatmeal and Fresh Fruit AM Snack: Gold Fish and Raisins (Cheerios for Young Toddlers) PM Snack: Yogurt with Granola/Berries</p> <p>Lunch: Beef Hamburger, Fresh Lettuce and tomatoes/steamed vegetables, and Fresh Fruit (Vegetarian Option: Veggie Burger)</p>
<p style="text-align: center;">14</p> <p>BKF: Pancakes, Cereal and Fresh Fruit AM Snack: Bananas and Wheat Crackers PM Snack: Apple Slices/Apple Sauce and Austin Cheddar Cheese Crackers</p> <p>Lunch: Bowtie Pasta with Chicken Alfredo and Fresh Peas & Carrots, Fresh Fruit (Vegetarian Option: Alfredo Sauce with pasta)</p>	<p style="text-align: center;">15</p> <p>BKF: Wheat French Toast with Maple Syrup, Cereal and Fresh Fruit AM Snack: Cinnamon Apple Sauce and Grahams PM Snack: Carroteenies with Ranch and Cheez'its (Berries & Cheez'its for Young Toddlers)</p> <p>Lunch: Wheat Bun with Turkeydog with Fresh Cucumber Slices/Steamed Vegetables and Fresh Fruit (Vegetarian Option: Grilled Cheese)</p>	<p style="text-align: center;">16</p> <p>BKF: Biscuits, Jelly, and Fresh Fruit AM Snack: Cheerios and Raisins. PM Snack: Rice Krispies and Fruit Snacks/Bananas (Yogurt & fruit for Young Toddlers)</p> <p>Lunch: Beef Macaroni and Cheese, Fresh Green Beans and Fresh Fruit (Vegetarian Option: Macaroni & Cheese)</p>	<p style="text-align: center;">17</p> <p>BKF: Bagels with Cream Cheese, Cereal and Fresh Fruit AM Snack: Whole Grain Strawberry Grahams PM Snack: Animal Cookies and Apple Slices (Animal Cookies & Apple Sauce for the Young Toddlers)</p> <p>Lunch: Mini Chicken Tenders, Fresh Corn, & Fresh Fruit (Vegetarian Option: Veggie Tenders)</p>	<p style="text-align: center;">18</p> <p>BKF: Cereal, Oatmeal and Fresh Fruit AM Snack: Yogurt with Granola/Berries for Young Toddlers) PM Snack: Trail Mix/Goldfish (Cheerios for Young Toddlers)</p> <p>Lunch: Cheese Pizza, Garden Salad/Fresh Steamed Vegetables and Fresh Fruit</p>
<p style="text-align: center;">21</p> <p>BKF: Pancakes, Cereal and Fresh Fruit AM Snack: Banana and Wheat Crackers PM Snack: Vanilla Pudding and wafers</p> <p>Lunch: Chicken Nuggets, Fresh Green Beans, and Fresh Fruit (Vegetarian Option: Veggie Chicken Nuggets)</p>	<p style="text-align: center;">22</p> <p>BKF: Wheat French Toast with Maple Syrup, Cereal and Fresh Fruit AM Snack: Cinnamon Apple Sauce and Grahams PM Snack: Cheese Slices on Ritz Crackers</p> <p>Lunch: Turkey Chili with Beans and Fresh Corn, Saltines, and Fresh Fruit (Vegetarian Option: Bean Chili with Corn)</p>	<p style="text-align: center;">23</p> <p>BKF: Biscuit, Jelly and Fresh Fruit AM Snack: Cereal Mix PM Snack: Fresh Baked Oatmeal Raisin Cookies (Berries & Grahams for Young Toddlers)</p> <p>Lunch: White Chicken Breast and Spanish Brown Rice, Fresh Peas & Carrots and Fresh Fruit (Vegetarian Option: Spanish Rice with Veggie Tenders)</p>	<p style="text-align: center;">24</p> <p>BKF: Bagels with Cream Cheese, Cereal, Fresh Fruit AM Snack: Apple Cinnamon Waffle (Apple Sauce & Grahams for Young Toddlers) PM Snack: Carroteenies with Ranch and Cheez'its (Berries & Cheez'its for Young Toddlers)</p> <p>Lunch: Turkey Steak, Fresh Steamed Carrots, & Fresh Fruit (Vegetarian Option: Bean Quesadilla)</p>	<p style="text-align: center;">25</p> <p>BKF: Cereal, Oatmeal and Fresh Fruit AM Snack: Gold Fish and Raisins PM Snack: Yogurt with Granola/Berries Cheerios for Young Toddlers)</p> <p>Lunch: Turkey Cheese Sandwiches, Cucumber & Fresh Fruit (Vegetarian Option: Grilled Cheese)</p>