

<p><b>**NAE**</b> <b>Never Antibiotics Ever</b></p> <p><b>**NO HFC**</b> <b>Ketchup, Syrup, Breads</b></p>				<p><b>Friday, October 1, 2021</b> <b>**Meatless Baked Ziti**</b> WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Italian Bread, 1sl Fresh Cantaloupe, 1sl <b>TODS &amp; TWOS</b> Peas, Carrots, Green Beans Diced Cantaloupe <b>VEG:</b> Meatless Baked Ziti, 1/2c</p>
<p><b>Monday, October 4, 2021</b> <b>Beef Meatballs &amp; Gravy, 3ea</b> Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Pineapple Tidbits, 3/8c <b>TODS &amp; TWOS</b> Sweet Peas / Peaches in Juice</p> <p><b>VEG:</b> Vegetarian Meatballs w/ Veg Gravy</p>	<p><b>Tuesday, October 5, 2021</b> <b>Pizza Pasta Bake, 1/2c</b> WG Pasta/Marinara/Beef Crumbles Chicken&amp;Beef Pepperoni/Tomato Sauce Shredded Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Fresh Banana, 1/2ea</p> <p><b>VEG:</b> Vegetarian Pizza Pasta Bake</p>	<p><b>Wednesday, October 6, 2021</b> <b>NAE WG Chicken Nuggets, 4ea</b> No HFC Ketchup Caesar Salad w/Romaine, Dressing, 1/4c Parmesan Cheese, 1/4oz Fresh Orange Wedges, 2ea <b>TODS &amp; TWOS</b> Mandarin Oranges / Green Beans</p> <p><b>VEG:</b> Morningstar Veggie Nuggets</p>	<p><b>Thursday, October 7, 2021</b> <b>Cheeseburger Meatloaf, 1ea</b> Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/4c Fresh Golden Delicious Apple, 3/8c <b>TODS &amp; TWOS</b> All Natural Applesauce/Carrot Coins</p> <p><b>VEG:</b> Vegan Black Bean Chili</p>	<p><b>Friday, October 8, 2021</b> <b>Asiago Chicken Pasta w/ Spinach, 1/2c</b> WG Pasta, Diced Tomato, Spinach Cheese Sauce Sweet Tender Peas, 1/4c Fresh Honey Dew Melon, 1sl <b>TODS &amp; TWOS</b> Diced Honey Dew</p> <p><b>VEG:</b> Macaroni &amp; Cheese w/ WG</p>
<p><b>Monday, October 11, 2021</b> <b>Chicken Slider on Bun, 1ea</b> Fancy Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea No HFC Ketchup Steamed Green Beans, 1/4c Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b>VEG:</b> Vegetarian Sausage Slider</p>	<p><b>Tuesday, October 12, 2021</b> <b>GF Chicken Tender Strips, 3ea</b> No HFC Ketchup Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Red Delicious Apple, 3/8c <b>TODS &amp; TWOS</b> All Natural Applesauce/Carrot Coins</p> <p><b>VEG:</b> Vegan Refried Beans/Cheese (side)</p>	<p><b>Wednesday, October 13, 2021</b> <b>Salisbury Steak &amp; Gravy, 1ea</b> Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Fresh Cantaloupe, 1sl <b>TODS &amp; TWOS</b> Diced Cantaloupe</p> <p><b>VEG:</b> Veg Sausage Crumbles w/Veg Gravy</p>	<p><b>Thursday, October 14, 2021</b> <b>WG Spaghetti w/ Beef &amp; Lentils</b> Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach &amp; Ranch, 1/4c Fresh Banana, 1/2ea <b>TODS &amp; TWOS</b> Sweet Peas</p> <p><b>VEG:</b> WG Spaghetti Marinara/Parmesan</p>	<p><b>Friday, October 15, 2021</b> <b>NAE Boneless Chicken Wing Dings, 3ea</b> No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Fresh Orange Wedges, 2ea <b>TODS &amp; TWOS</b> Mandarin Oranges Peas, Carrots, Green Beans</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 5ea</p>
<p><b>Monday, October 18, 2021</b> <b>Oven Baked Chicken Patty, 1ea</b> Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c</p> <p><b>VEG:</b> Veg Slider w/ Shred Cheese/Slider Bun</p>	<p><b>Tuesday, October 19, 2021</b> <b>Macaroni &amp; Cheese w/ WG, 1/2c</b> 100% Whole Grain Bread, 1/2sl Fresh Carrots &amp; Broccoli, 1/4c Creamy Ranch Dip Fresh Banana, 1/2ea <b>TODS &amp; TWOS</b> Peas, Carrots, Green Beans</p> <p><b>VEG:</b> Macaroni &amp; Cheese w/ WG</p>	<p><b>Wednesday, October 20, 2021</b> <b>Mexican Beef Nacho Fiesta, 1/4c</b> Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Fresh Honey Dew Melon, 1sl <b>TODS &amp; TWOS</b> Wheat Dinner Roll/Carrot Coins <b>VEG:</b> Vegetarian Nacho Fiesta</p>	<p><b>Thursday, October 21, 2021</b> <b>Italian Beef Meatball Sub, 3ea</b> Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Gala Apple, 3/8c <b>TODS &amp; TWOS</b> All Natural Applesauce/Green Beans <b>VEG:</b> Italian Veggie Meatball Sub</p>	<p><b>Friday, October 22, 2021</b> <b>Breakfast for Lunch!!</b> WG Buttermilk Pancake w/Syrup, 1ea Danimals Vanilla Yogurt (veg), 1ea GF Chicken Sausage Patty, 1ea Fresh Baby Carrots w/Dip, 1/4c Fresh Orange Wedges, 2ea <b>TODS &amp; TWOS</b> Mandarin Oranges / Carrot Coins <b>VEG:</b> Morningstar Veggie Sausage</p>
<p><b>Monday, October 25, 2021</b> <b>Roasted Teriyaki Chicken Strips, 3ea</b> Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Mixed Peaches &amp; Pears in Juice, 3/8c <b>TODS &amp; TWOS</b> Carrot Coins</p> <p><b>VEG:</b> Egg Rolls</p>	<p><b>Tuesday, October 26, 2021</b> <b>Lean Beef Hamburger on Bun, 1ea</b> Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Yellow Corn, 1/4c Fresh Red Delicious Apple, 3/8c <b>TODS &amp; TWOS</b> Steamed Green Beans/Applesauce</p> <p><b>VEG:</b> Veg Slider w/ Shred Cheese/Slider Bun</p>	<p><b>Wednesday, October 27, 2021</b> <b>Corn Dog Nuggets, 4ea</b> No HFC Ketchup Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Orange Wedges, 2ea <b>TODS &amp; TWOS</b> Mandarin Oranges / Sweet Peas</p> <p><b>VEG:</b> Black Beans &amp; WG Rice</p>	<p><b>Thursday, October 28, 2021</b> <b>NAE Chicken Fajitas, 1/3c</b> Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Fresh Banana, 1/2ea</p> <p><b>VEG:</b> Chickenless Fajita Strips</p>	<p><b>Friday, October 29, 2021</b> <b>**Meatless Baked Ziti**</b> WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Italian Bread, 1sl Fresh Cantaloupe, 1sl <b>TODS &amp; TWOS</b> Peas, Carrots, Green Beans Diced Cantaloupe <b>VEG:</b> Meatless Baked Ziti, 1/2c</p>

6oz. Milk required w/ each meal, 3-5 yrs (8oz milk for 6 to 12yrs) (6 to 12 yrs. Portions) 2oz meat/meat alternative, 3/4c vegetable or fruit ( we serve 1/2c veg, 3/8 c fruit)