

*AMDC*

*OCTOBER 2021*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MILK IS SERVED DAILY</b></p> <p>Children 12 – 24 months Whole Vitamin D Milk Children over 24 months 1% Low-fat Milk</p> <p>Cold Cereal = Cheerios, Corn Flakes, Rice Krispies, Corn Chex, Wheat Chex, Kix</p> <p><b>THIS IS A PEANUT/PEANUT PRODUCT FREE AND PORK/PORK PRODUCT FREE MENU</b></p>		<p>National Day</p> <p>4<sup>th</sup> National Taco Day</p>		<p>1</p> <p>Oatmeal Peaches</p> <p>Grilled Chicken Peas Mixed Fruit WG Wheat Bread</p> <p>Yogurt Graham Crackers</p>
<p>4</p> <p>Cereal  Peaches</p> <p>Chicken Fajita Meat Tomatoes Pineapples Soft Taco Wrap </p> <p>Diced Pears Pretzel Twist</p>	<p>5</p> <p>French Toast Sticks Pineapples</p> <p>Turkey Meatballs Peas Pears Spaghetti</p> <p>Unsweetened Juice Cheez it</p>	<p>6</p> <p>Pancake Diced Pears </p> <p>Turkey  Green Beans Mandarin Oranges WG Wheat Bread</p> <p>Applesauce Raisin Bread</p>	<p>7</p> <p> Cereal Banana</p> <p> Hamburger Baked Beans Pineapples WG Hamburger Bun</p> <p>Unsweetened Juice Ritz Crackers </p>	<p>8</p> <p>Waffle Warm Apples</p> <p>Fish Carrots Mixed Fruit WG Wheat Bread</p> <p>Peaches Sun Chips</p>
<p>11</p> <p>Buttermilk Biscuit Warm Apples Slices</p> <p>Salisbury Steak Green Beans Peaches Noodles</p> <p>Unsweetened Juice Animal Cookies</p>	<p>12</p> <p>Oatmeal Peaches</p> <p>Fish Corn Applesauce WG Wheat Bread</p> <p>Yogurt Graham Crackers</p>	<p>13</p> <p>French Toast Sticks Diced Pears</p> <p>Diced Chicken Broccoli Mandarin Oranges Rice</p> <p>Mixed Fruit Wheat Crackers</p>	<p>14</p> <p>Cereal Mixed Fruit</p> <p>Turkey Meatballs Carrots Pears WG Hot Dog Bun</p> <p>Applesauce Cinn. Raisin Bread</p>	<p>15</p> <p>Bagel Pineapples</p> <p>Chicken Patty Greens Mandarin Oranges WG Wheat Bread</p> <p>Unsweetened Juice Pretzels</p>
<p>18</p> <p>Raisin Bread Diced Pears</p> <p>Hamburger Baked Beans Mandarin Oranges WG Hamburger Bun</p> <p>String Cheese Wheat Crackers</p>	<p>19</p> <p>Wheat Bread Warm Apples Slices Egg Patty</p> <p>Chicken Nuggets Fries Pineapples WG Wheat Bread</p> <p>Unsweetened Juice Cheez it</p>	<p>20</p> <p>Pancake Mixed Fruit</p> <p>Steak Umm Peas Peaches WG Hotdog Bun</p> <p>Diced Pears Animal Cookies</p>	<p>21</p> <p>WG Cereal Banana</p> <p>Turkey Meatballs Green Beans Diced Pears Spaghetti </p> <p>Unsweetened Juice Pretzels</p>	<p>22</p> <p>English Muffins Peaches</p> <p>Fish Lima Beans Mandarin Oranges WG Wheat Bread</p> <p>Applesauce Graham Crackers</p>
<p>25</p> <p>French Toast Sticks Mixed Fruit</p> <p>Chicken Tenders Fries Peaches WG Wheat Bread</p> <p>Applesauce Club Crackers</p>	<p>26</p> <p>Biscuit Warm Apples Slices</p> <p>Fish Wedge Carrots Pineapples WG Wheat Bread</p> <p>Unsweetened Juice Pretzels</p>	<p>27</p> <p>WG Cereal Banana</p> <p>Turkey Meatballs Corn Mixed Fruit Spaghetti</p> <p>Peaches Sun Chips</p>	<p>28</p> <p>Waffles Diced Pears</p> <p>Salisbury Steak Greens Mandarin Oranges WG Wheat Bread</p> <p>Unsweetened Juice Cheez it</p>	<p>29</p> <p>Oatmeal Peaches</p> <p>Grilled Chicken Peas Mixed Fruit WG Wheat Bread</p> <p>Yogurt Graham Crackers</p>



This institution is an equal opportunity provider and employer

**Notes:**

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