October Menu 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast					1 Scrambled Egg with Spinach, Peaches, Milk
Lunch					Chicken Nuggets With Mashed Potatoes, Fresh Oranges, Milk Vegetarian: Veggie Nuggets
Afternoon Snack					Yogurt Parfait, Bananas, Vanilla Wafers, Water
PM Snack					Pretzels And Hummus, Water
Breakfast	4 Jelly Biscuits, Peaches, Milk	5 Whole Grain Oatmeal, Pears, Milk	6 Whole Wheat Pancakes, Pineapple, Milk	7 Whole Grain French Toast, Pears, Milk	8 Corn Flakes, Peaches, Milk
Lunch	Teriyaki Chicken With Steamed Rice, Stir Fry Vegetables, Pineapple, Milk Vegetarian: Veggie Egg roll	Baked Breaded Chicken, Kale Salad, Fresh Mixed Fruit, Milk Vegetarian: Veggie patty	Cheesy Alfredo Pasta with Turkey Pancetta, Cauliflower, Mixed Fruit, Milk Vegetarian: Cheesy Alfredo Pasta	Grilled Chicken, Steamed Broccoli, Mangos, Milk Vegetarian: Veggie Patty	Beef Stew, Mashed Potatoes, Strawberries, Milk Vegetarian: Veggie patty
Afternoon Snack	Melted Cheese Dip, Tortilla Chips, Water	Corn Bread & Milk	Cantaloupe, Cottage Cheese, Water	Tomato Sauce, Tortilla Chips, Water	Whole Grain Blueberry Muffin, Milk
PM Snack	Animal Crackers, Milk	Bagels, Cream Cheese, Water	Cheese Quesadilla, Water	Cantaloupe, Whole Grain Potato Crispy Crackers, Water	Trail Mix, Milk
Breakfast	11	12 Whole Grain Oatmeal, Pears, Milk	13 Corn Flakes, Peaches, Milk	14 Spinach Egg Scrambled, Banana , Milk	15 Whole Grain French Toast, Pineapple, Milk
Lunch	**CARRINGTON CLOSED FOR PROFESSIONAL DEVELOPMENT**	Beef and Cheese Quesadilla, Peas, Mandarin Oranges, Milk Vegetarian: Quesadilla with Meatless Soy Crumbles	Vegetarian Lasagna With Mixed Veggies, Pears, Milk	Grilled Chicken, Kale Salad, Fresh Apples, Milk Vegetarian: Vegetarian Patty	Cheese Pizza, Garden Veggies, Fruit Mix, Milk
Afternoon Snack		Sun Butter, Apple Slices, Water	Tomato Soup, Garlic Bread, Water	Tortilla Chips, Tomato Salsa, Water	Yogurt Parfait with Bananas & Vanilla Wafers
PM Snack		Pretzels, Cheese, Water	Yogurt Parfait, Bananas, Vanilla Wafers, Water	Sun Butter, Apple Slices, Water	Trail Mix & Milk
Breakfast	18 Whole Grain Cheese Grits, Pears, Milk	19 Scrambled Egg with Spinach, Peaches, Milk	20 Whole Wheat Pancakes, Pineapple, Milk	21 Whole Grain Oatmeal, Pears, Milk	22 Whole Grain French Toast, Pineapple, Milk
Lunch	Cheese Ravioli, Green Beans Fresh Oranges, Milk	Pasta Primavera with Chicken and Vegetables, Strawberries, Milk Vegetarian: Cheesy Pasta Primavera	Mac & Cheese, Garden Veggies, Peaches, Milk	Grilled Chicken with Rice, Mixed Veggies, Fruit Mix, Milk VEGETARIAN: Veggie Egg Roll	Sweet & Sour Chicken, Rice, Stir Fry Veggies, Mandarin Oranges, Milk Vegetarian: Veggie Egg Roll
Afternoon Snack	Applesauce, Graham Crackers, Water	Corn Bread, Milk	Apple Cinnamon Muffin, Milk	Hummus, Bean & Veggie Crispy Crackers, Water	Whole Grain Blueberry Muffin, Yogurt, Water
PM Snack	Animal Crackers, Milk	Pretzels, Cheese, Water	Saltine Crackers, Sliced Cheese Water	Mixed Fruit, Whole Grain Crackers, water	Trail Mix, Milk

Breakfast	**25** Buttermilk Pancakes, Mandarin Oranges, Milk	**26** English Muffin, Sunflower Butter, Pears, Milk	**27** Corn Flakes, Peaches, Milk	**28** Whole Grain Cheese Grits, Pears, Milk	**29** Bagels with Cream Cheese, Bananas, Milk
Lunch	Chicken Fajitas, Mashed Potato, Oranges, Milk	Soft Chicken Tacos, Black Beans, Peaches, Milk Vegetarian: Cheese Quesadilla	Chicken Fajitas, Green Beans, Fresh Oranges, Milk Vegetarian: Steamed Cheesy Rice with Vegetables	Chicken Salad Croissant, Sweet Potato, Apples, Milk Vegetarian: Cheese Croissant	Whole Wheat Cheesy Rotini, Pea and Carrot Mix, Fresh Oranges & Milk
Afternoon Snack	Applesauce, Graham Crackers, Water	Guacamole, Tortilla Chips, Water	Fresh Oranges, Sweet Potato Crackers, Water	Applesauce, Graham Crackers, Water	Tomato Salad, Garlic Bread, Water
PM Snack	Animal Crackers, Milk	Pretzels, Cheese, Water	Quesadillas, Water	Animal Crackers & Milk	Tropical Fruit Salad, Sweet Potato Crackers, Water