

Revised

Oct. 2023 Center

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch
WG Cheerios	Pasta	WG Rice Cake	Black bean	WG Bread	WG Bread	Yogurt	Ha Koon	WG Life Cereal	WG Pancakes
Oranges	Marinara	Bananas	Taco Salad	Oranges	Turkey	Berries	Fritata	Bananas	Chicken Sausage
Milk	Cottage Cheese	Milk	Greens	Milk	Cheese	Milk	Green Beans	Milk	Carrots
	Peas		Cheese		Lettuce		Raisin Bread		Blueberries
	Peaches		WG Corn		Tomatoes		M. Oranges		Milk
	Milk		Tortilla shells		Pineapple		Milk		
PM Snack		PM Snack	Mango	PM Snack	Milk	PM Snack		PM Snack	
Apples		Carrots	Milk	WG Grahams		Cucumbers		Grapes	
Crackers		Hummus		sun butter		WG Wheat Thins		Cheese Sticks	
9		10		11		12		13	
Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch
WG Chex	Pasta	WG Rice Cake	WG Bread	WG Bread	Mini Pizzas	Yogurt	Calico Beans	WG Life Cereal	Tomato Soup
Oranges	Marinara	Bananas	Turkey	Oranges	Elmer Carrots	Berries	WG Corn Bread	Bananas	Ham / Tofu
Milk	Cottage Cheese	Milk	Cheese	Milk	Pineapple	Milk	Rainbow Peppers	Milk	Green Beans
	Peas		Lettuce		Milk		M. Oranges		Apples
	Peaches		Cucumber				Milk		Milk
	Milk		Applesauce						
PM Snack		PM Snack	Milk	PM Snack		PM Snack		PM Snack	
Apples		Carrots		Cucumber		Grapes		Cheese Stick	
Crackers		Hummus		Tzatziki		WG Grahams		Pop Corn	
				Naan					

This institution is an equal opportunity provider.

We try to stay as close to this menu as possible, but on occasion, make substitutions based on product availability and freshness.

Age appropriate milk is served daily with breakfast and lunch. Whole milk 1-2 years of age and Skim or 1% for children over 2.

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