

OCTOBER 2014

Entrée (with whole grain) + Fruit + Vegetable + Milk or Cup for Water

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What's in Season?		Eat the Rainbow!	MINIMUM DAY Grilled Cheese Veggie Sticks Fruit	2 Crispy Turkey Tacos w/ lettuce, tomatoes & cheese Fruit	3 Cheese Pizza Caesar Side Salad Fruit	Fruits Crains Dairy Vegetables Protein Choose MyPlate.gov
5 Apples	** Sesame Noodles Sugar Snap Peas Fruit	Chicken Tenders Sweet Potato Fries Fruit	8 MINIMUM DAY ** PB&J Sandwich Veggie Sticks Fruit	Roasted Veggie Enchiladas Garden Salad Fruit	Cheese Pizza Caesar Side Salad Fruit	11
12 Cauliflower	Baked Penne Pasta Mixed Greens Salad Fruit	Chicken Teriyaki Bowl Edamame Fruit	MINIMUM DAY Grilled Cheese Veggie Sticks Fruit	Crispy Tacos w/ lettuce, tomatoes & cheese Fruit	17 Cheese Pizza Caesar Side Salad Fruit	18
19 Pumpkin	Spaghetti Marinara Garden Salad Fruit	Chicken Tenders Sweet Potato Fries Fruit	MINIMUM DAY ** PB&J Sandwich Veggie Sticks Fruit	Pineapple Fried Rice Sugar Snap Peas Fruit	24 Cheese Pizza Caesar Side Salad Fruit	25
2A Grapes	Baked Penne Pasta Mixed Greens Salad Fruit	28 Pick Up Stix w/ Rice Edamame Fruit	MINIMUM DAY Grilled Cheese Veggie Sticks Fruit	Crispy Tacos w/ lettuce, tomatoes & cheese Fruit	31 Cheese Pizza Caesar Side Salad Fruit	**Made with Wow Butter (Soy-based & Peanut-free)

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