John Kenney Child Care Center - Lunch
October

Monday		Tuesday		Wednesday		Thursday		Friday	
	2		3		4		5		6
Whole Grain Chicken Nuggets-3 oz. Mixed Vegetables-1/2 c. Rice - 1/2 c. Mixed Fruit Cup-1/2 c. Milk-6 oz.	Veggie Nuggets-3 oz. Mixed Vegetables-1/2 c. Rice - 1/2 c. Mixed Fruit Cup-1/2 c. Milk-6 oz.	All Beef Hamburger on a Wheat Bun-1 Corn-1/2 c. Fresh Apple-1 Milk-6 oz.	Veggie Burger on a Wheat Bun-1 Corn-1/2 c. Fresh Apple-1 Milk-6 oz.	Sliced Chicken on a Whole Grain Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Banana-1 Milk-6 oz.	American Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Banana-1 Milk-6 oz.	Turkey Meatball Sandwich on a Wheat Hot Dog Bun-1 Green Beans-1/2 c Diced Peach Cup-1/2 c. Milk-6 oz.	Veggie Meatball Sandwich on a Wheat Hot Dog Bun-1 Green Beans-1/2 c Diced Peach Cup-1/2 c. Milk-6 oz.	3x5 Pizza-1 Salad w/ Dressing-1 c. Strawberry Applesauce1/2 c. Mozzarella Cheeese Sticks-1 Milk-6 oz.	Pasta w/ sauce Salad w/ Dressing-1 c. Strawberry Applesauce1/2 c. Mozzarella Cheeese Sticks-1 Milk-6 oz.
	9		10		11		12		13
Chicken Fingers-3.3 oz. Corn-1/2 c. Fresh Apple-1 Rice - 1/2 c. Milk-6 oz.	Veggie Nuggets-3 oz. Corn-1/2 c. Fresh Apple-1 Rice - 1/2 c. Milk-6 oz.	Square Cheese Ravioli with Meat Sauce-5 oz. Green Beans-1/2 c. Whole Grain Bread Fresh Orange-1 Milk-6 oz.	Square Cheese Ravioli with Spaghetti Sauce-5 oz. Green Beans-1/2 c. Whole Grain Bread Fresh Orange-1 Milk-6 oz.	Sliced Turkey Breast on a Potato Bun-1 Fresh Baby Carrots w/ Dip-1/2 c. Applesauce Cup-1/2 c. Milk-6 oz.	American Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip-1/2 c. Applesauce Cup-1/2 c. Milk-6 oz.	Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-1/2 c. Fresh Banana-1 Whole Grain Bread Milk-6 oz.	Mozzarella Sticks-4 Mashed Potatoes-1/2 c. Fresh Banana-1 Whole Grain Bread Milk-6 oz.	3x5 Pizza-1 Salad w/ Dressing-1 c. Mandarin Orange -1/2 c. Mozzarella Cheeese Sticks-1 Milk-6 oz.	Pasta w/ sauce Salad w/ Dressing-1 c. Mandarin Orange -1/2 c. Mozzarella Cheeese Sticks-1 Milk-6 oz.
	16		17		18		19		20
Swedish Turkey Meatballs-3 oz. Roasted Potato Medley-1/2 c. Whole Grain Bread Diced Pear Cup-1/2 c. Milk-6 oz.	Swedish Veggie Meatballs-3 oz. Roasted Potato Medley-1/2 c. Whole Grain Bread Diced Pear Cup-1/2 c. Milk-6 oz.	Mexican Beef-5 oz. Corn-1/2 c. Corn Tortilla Chips-1 oz. Fresh Orange-1 Milk-6 oz.	Veggie Mexican Beef-5 oz. Corn-1/2 c. Yellow Corn Tortilla Chips-1 oz Fresh Orange-1 Milk-6 oz.	Grilled BBQ Chicken Bites-3.5 oz Green Beans-1/2 c. Fresh Banana-1 Rice - 1/2 c. Milk-6 oz.	Veggie Nuggets-3 oz. Green Beans-1/2 c. Fresh Banana-1 Rice - 1/2 c. Milk-6 oz.	Grilled BBQ Chicken Bites-3.5 oz. Green Beans-1/2 c. Fresh Banana-1 Rice - 1/2 c. Milk-6 oz.	Veggie Burger on a Wheat Bun-1 Diced Carrots-1/2 c. Fresh Apple-1 Milk-6 oz.	3x5 Pizza-1 Salad w/ Dressing-1 c. Peach Applesauce -1/2 c. Mozzarella Cheeese Sticks-1 Milk-6 oz.	Pasta w/ sauce Salad w/ Dressing-1 c. Peach Applesauce -1/2 c. Mozzarella Cheeese Sticks-1 Milk-6 oz.
	23		24		25		26		27
Grilled Chicken Patty on a Wheat Bun-1 Green Beans-1/2 c. Applesauce Cup-1/2 c. Milk-6 oz.	Veggie Chicken Patty on a Wheat Bun-1 Green Beans-1/2 c. Applesauce Cup-1/2 c. Milk-6 oz.	Turkey Meatballs w/ Sauce-3 oz. Mixed Vegetables-1/2 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-6 oz.	Veggie Meatballs w/ Sauce-3 oz Mixed Vegetables-1/2 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-6 oz.	Sliced Chicken on a Whole Grain Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Orange-1 Milk-6 oz.	American Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Orange-1 Milk-6 oz.	Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-1/2 c. Wheat Dinner Roll Fresh Banana-1 Milk-6 oz.	Mozzarella Sticks-4 Mashed Potatoes-1/2 c. Wheat Dinner Roll Fresh Banana-1 Milk-6 oz.	3x5 Pizza-1 Salad w/ Dressing-1 c. Mandarin Orange -1/2 c. Mozzarella Cheeese Sticks-1 Milk-6 oz.	Pasta w/ sauce Salad w/ Dressing-1 c. Mandarin Orange -1/2 c. Mozzarella Cheeese Sticks-1 Milk-6 oz.
	30		31						
Grilled Chicken Parmigiana-3 oz, Mixed Vegetables-1/2 c. Whole Grain Bread Mixed Fruit Cup-1/2 c. Milk-6 oz.	Veggie Chicken Parmigiana-3 oz Mixed Vegetables-1/2 c. Whole Grain Bread Mixed Fruit Cup-1/2 c. Milk-6 oz.	Macaroni and Beef-5 oz. Diced Carrots-1/2 c. Fresh Apple-1 Wheat Dinner Roll Milk-6 oz.	Macaroni and Cheese-5 oz. Diced Carrots-1/2 c. Fresh Apple-1 Wheat Dinner Roll Milk-6 oz.						