

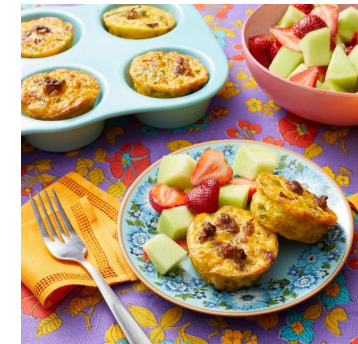


October 2024



Care a lot
"Where caring is at the heart of what we do!"

	1 <u>Breakfast</u> English Muffins Bananas	2 <u>Breakfast</u> Whole Grain Waffles Diced Peaches	3 <u>Breakfast</u> Whole Grain Bagel Strawberries	4 <u>Breakfast</u> Corn Chex Honeydew Melon
	<u>Lunch</u> Beef on wgr tortilla w lettuce & cheese Corn Tropical Fruit	<u>Lunch</u> Turkey & Cheese on whole grain tortilla Potato Chips Fresh Veggies Cantaloupe	<u>Lunch</u> Meatball Sub on whole grain bun Green Beans Blueberries	<u>Lunch</u> BBQ Chicken Whole Grain Roll Broccoli Cut Grapes
	<u>Snack</u> Apple Straws 100% Juice	<u>Snack</u> Whole grain Goldfish Applesauce	<u>Snack</u> Whole Grain Cheez its Diced Pears	<u>Snack</u> Pretzels Mandarin Oranges
7 <u>Breakfast</u> Whole Grain Pancakes Blueberries	8 <u>Breakfast</u> Whole grain Biscuits Pineapple tidbits	9 <u>Breakfast</u> Whole Grain Cheerios Tropical Fruit	10 <u>Breakfast</u> Scrambled Eggs Turkey Sausage Mandarin Oranges	11 <u>Breakfast</u> Low Fat Yogurt Bananas
<u>Lunch</u> Whole Grain Pasta in Meat Sauce Garlic Bread Green Beans Diced Pears	<u>Lunch</u> Turkey & Cheese on Whole grain bread Corn Watermelon	<u>Lunch</u> Vegetarian Baked Beans Hot dog Whole Grain bun Cantaloupe	<u>Lunch</u> Chicken & Rice Mixed Veggies Applesauce	<u>Lunch</u> Whole Grain Cheese Pizza Broccoli Honeydew Melon
<u>Snack</u> Ritz Crackers Cheese Stick	<u>Snack</u> Graham Crackers Apple Slices	<u>Snack</u> Wgr Rice Krispies Treats & Strawberries	<u>Snack</u> Wgr Goldfish Pretzels Fruit Cocktail	<u>Snack</u> Whole Grain Cheez its Cut Grapes
14 <u>Breakfast</u> Whole Grain French Toast Sticks Strawberries	15 <u>Breakfast</u> Whole Grain Cinnamon Toast Cantaloupe	16 <u>Breakfast</u> Rice Krispies Cereal Pineapple Chunks	17 <u>Breakfast</u> Cornbread Banana	18 <u>Breakfast</u> Whole Grain Waffles Diced Peaches
<u>Lunch</u> Chicken Nuggets Whole Grain Roll Green Beans Fruit Cocktail	<u>Lunch</u> Sloppy Joes Whole Grain Bread Hashbrown Potatoes Apple Slices	<u>Lunch</u> Whole wheat pasta with Chicken Mixed Veggies Watermelon	<u>Lunch</u> Ravioli with meat sauce Whole Grain Garlic Bread Peas Diced Pears	<u>Lunch</u> Grilled Cheese on whole grain bread Tomato Soup Honeydew Melon
<u>Snack</u> Whole Grain Teddy Grahams Mandarin Oranges	<u>Snack</u> Whole Grain Goldfish Tropical Fruit	<u>Snack</u> No Sugar Added Pudding Cut Grapes	<u>Snack</u> Rice Cakes Tropical Fruit	<u>Snack</u> Vegan Oatmeal Muffin Blueberries



Individual Sausage Casseroles

- 1lb Breakfast Sausage
- 15 Whole Large Eggs
- 1/4 tsp black pepper
- 1 Whole Medium Green Bell Pepper, Diced
- 1 c Grated Cheddar Cheese
- 1 whole Medium Onion
- Dash of Salt
- 1/4 tsp Chili Powder

Preheat oven to 350 degrees. Spray 18 muffin cups with nonstick cooking spray.

In a large skillet over medium-high heat, crumble and cook the sausage until its 3/4 brown. Add the onion and reduce the heat to medium-low. Stir and continue cooking the sausage until sausage is cookie and onion is soft. Set aside to cool.

Crack the eggs into a bowl and add the salt, pepper and chili powder. Whisk until combined. Add the cheddar and bell pepper. When the sausage has cooled slightly, add by the spoonful until mixed.

Use a measuring cup to scoop the mixture into muffin cups and bake for 20-22 minutes, until puffy and just barely set. They will flatten a bit as they cool. Run a knife around the edge and lift out of pan. Serve warm with a little fruit.



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<p><u>21</u></p> <p>Breakfast Whole Grain Bagel Fruit Cocktail</p> <p>Lunch Beef taco on whole grain tortilla with lettuce and cheese Cauliflower Tropical Fruit</p> <p>Snack Whole Grain Animal Crackers and Diced Peaches</p>	<p><u>22</u></p> <p>Breakfast Whole Grain Kix Mandarin Oranges</p> <p>Lunch Whole Grain Cheese Pizza Corn Watermelon</p> <p>Snack Soft Pretzels Applesauce</p>	<p><u>23</u></p> <p>Breakfast Whole Grain English Muffin Diced Pears</p> <p>Lunch Southwest Chicken w Black Beans Whole Grain Roll Peas Cut Grapes</p> <p>Snack Low Fat Yogurt Graham Crackers</p>	<p><u>24</u></p> <p>Breakfast Whole Grain Biscuit Blueberries</p> <p>Lunch Soynut butter & Jelly sandwich on whole grain bread String Cheese Carrot/Celery Sticks Bananas</p> <p>Snack Trail Mix Raisins</p>	<p><u>25</u></p> <p>Breakfast Whole Grain Pancakes Strawberries</p> <p>Lunch Baked whole grain Ziti Garlic Bread Broccoli Cantaloupe</p> <p>Snack Ritz Crackers Soynut Butter</p>
<p><u>28</u></p> <p>Breakfast Scrambled Eggs Whole Grain Toast Watermelon</p> <p>Lunch Cheese quesadilla on whole grain tortilla Tomato Salsa Corn Strawberries</p> <p>Snack Whole Grain Cheez its Diced Pears</p>	<p><u>29</u></p> <p>Breakfast Whole Grain Waffles Bananas</p> <p>Lunch Vegetarian baked beans Hot dog on whole grain bun Cut Grapes</p> <p>Snack Cornbread Diced Peaches</p>	<p><u>30</u></p> <p>Breakfast Low Fat Yogurt Sliced Oranges</p> <p>Lunch Chicken Fajitas on whole grain tortillas Bell pepper sticks Pineapple chunks</p> <p>Snack Whole Grain Goldfish Pretzels Honeydew Melon</p>	<p><u>31</u></p> <p>Breakfast Whole Grain Life Cereal Applesauce</p> <p>Lunch Chicken Nuggets Whole Grain Roll Carrots Cantaloupe</p> <p>Snack Whole Grain Teddy Graham Raspberries</p> 	<p><u>1</u></p> <p>Breakfast Whole Grain French Toast Sticks Blueberries</p> <p>Lunch Whole Grain Pasta in Meat Sauce Whole Grain Roll Broccoli Fruit Cocktail</p> <p>Snack Whole Grain Rice Krispies Treats Blackberries</p>



Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age w/ Breakfast at 8:30am, and Lunch at 11:30am.
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 2 and up
- Water is offered with snack

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