




OCTOBER

Pine Grove, Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1 Bacon Scr. Pizza, w.g. <i>1ea</i> Grape juice <i>4oz</i> Strawberry cup <i>1/2c</i> Choice of Milk</p>	<p>2 Scrambled Eggs <i>1/2c</i> Bagel, w.g. <i>1/2ea</i> Cr. Cheese/jelly <i>1pc</i> Peaches in juice <i>1/2c</i> Orange Juice <i>4oz</i> Choice of Milk</p>	<p>3 Cheddar Munchers <i>4ea</i> Toast, w.g. <i>1sl.</i> w/ choice of Spreads <i>1pc</i> Tropical Fruit Salad <i>1/2c</i> Apple Juice <i>4oz</i> Choice of Milk</p>	<p>4 Cinn Glzd WG Fr. <i>1ea</i> Toast w/syrup <i>1ea</i> Go Big Go-Gurt <i>1ea</i> Juicy Apricot Halves <i>1/2c</i> Sassy Applesauce <i>1/2c</i> Choice of Milk</p>	<p>5 Cinn Toast Crunch, w.g. <i>1oz</i> Backpackers, w.g. <i>1pk</i> Orange <i>1ea</i> Pineapple Juice <i>4oz</i> Choice of Milk</p>	<p>Cal 501 T.Fat 13.28 G S.Fat 4.9 G Chol 123.1 Mg Sodm 484.79 Mg</p>
<p>8 HOLIDAY</p>	<p>9 Breakfast Burrito <i>1ea</i> w/ Salsa <i>1/8c</i> Juicy Apricot Halves <i>1/2c</i> Strawberry cup <i>1/2c</i> Choice of Milk</p>	<p>10 Egg Bake <i>1pc</i> w.g Eng. Muffin w/ spds <i>1ea</i> Pears in juice <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Choice of Milk</p>	<p>11 W.G. Belgian Waffle <i>2ea</i> Stx w/Strawberry Topping <i>1/4c</i> Sausage Links <i>1ea</i> Fruit Cocktail in juice <i>1/2c</i> Craisins <i>1/4c</i> Choice of Milk</p>	<p>12 Carmel Roll, w. g. <i>1ea</i> Pear <i>1ea</i> Apple Juice <i>4oz</i> Choice of Milk</p>	<p>Cal 494 T.Fat 12.54 G S.Fat 4.8 G Chol 97.2 Mg Sodm 505.45 Mg</p>
<p>15 Banana Berry Muffin, wg <i>1ea</i> Butter Cup <i>1ea</i> Grape juice <i>4oz</i> Strawberry cup <i>1/2c</i> Choice of Milk <i>Dish</i></p>	<p>16 Rice Krispies, w.g. <i>1oz</i> Bagel, w.g. <i>1/2ea</i> Cr. Cheese/jelly <i>1pc</i> Pear <i>1ea</i> Mandarin Oranges <i>1/2c</i> Choice of Milk</p>	<p>17 Brkfst Wrap, w.g. <i>1ea</i> w/taco sauce <i>4oz</i> Orange Juice <i>1/2c</i> Peaches in juice <i>1/2c</i> Choice of Milk</p>	<p>18 W.g.Pancakes w/Apples <i>2ea 1/4c</i> Sausage Links <i>1ea</i> Golden Banana <i>1ea</i> Pineapple Juice <i>4oz</i> Choice of Milk</p>	<p>19 Oatmeal <i>3/4c</i> Toast, w.g. <i>1sl.</i> w/ choice of Spreads <i>1pc</i> Raisins, <i>1/4c</i> Fresh Apple <i>1ea</i> Choice of Milk <i>1:00 dismissal</i></p>	<p>Cal 476 T.Fat 9.92 G S.Fat 4.3 G Chol 60.4 Mg Sodm 425.15 Mg</p>
<p>22 Breakfast Pizza, wg <i>1ea</i> Fruited yogurt <i>4oz</i> Pineapple Tidbits <i>1/2c</i> Apple Juice <i>4oz</i> Choice of Milk</p>	<p>23 w.g. Fr. Toast Stix w/ Strawberry Topping <i>4ea 1/4c</i> Squeezable Fruit <i>1ea</i> Peaches in juice <i>1/2c</i> Choice of Milk</p>	<p>24 Corn Chex <i>1oz</i> Backpackers, w.g. <i>1pkg</i> Golden Banana <i>1ea</i> Strawberry cup <i>1/2c</i> Choice of Milk</p>	<p>25 Scrambled Eggs <i>1/2c</i> w.g Eng. Muffin w/ spds <i>1ea</i> Fruit Cocktail in juice <i>1/2c</i> Orange Juice <i>4oz</i> Choice of Milk</p>	<p>26 Frosted Cinn Roll, w.g. <i>1ea</i> Grape juice <i>4oz</i> Orange <i>1ea</i> Choice of Milk</p>	<p>Cal 490 T.Fat 11.13 G S.Fat 3.7 G Chol 89.9 Mg Sodm 445.04 Mg</p>
<p>29 Apple Cinnamon Cheerios <i>1oz</i> Bagel, w.g. <i>1/2ea</i> Cr. Cheese/jelly <i>1pc</i> Craisins <i>1/4c</i> Pears in juice <i>1/2c</i> Choice of Milk</p>	<p>30 Pretzel Egg Sandwich, wg <i>1ea</i> Orange Juice <i>4oz</i> Strawberry cup <i>1/2c</i> Choice of Milk</p>	<p>31 Cheese Omelet <i>1ea</i> w.g Eng. Muffin w/ spds <i>1ea</i> Fresh Apple <i>1ea</i> Grapefruit sections <i>1/2c</i> Choice of Milk</p>			<p>Cal 498 T.Fat 12.47 G S.Fat 4.7 G Chol 116.4 Mg Sodm 426.65 Mg</p>

In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.




Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
¹ Tator Tot Hotdish <i>3/4c</i> Snappy Gr. Beans <i>1/2c</i> Fresh Apple <i>1ea</i> Parmesan Breadstick, wg <i>1ea</i> Milk	² Chicken A La King <i>3/4c</i> Steamin' Broccoli Cuts <i>1/2c</i> Kiwi <i>2ea</i> B.P. Biscuit, w.g. <i>1ea</i> Milk	³ Chicken Spaetle Soup <i>1c</i> Cottage Cheese <i>1/4c</i> Glazed Carrots <i>3/4c</i> Pears in juice <i>1/2c</i> Saltine Cr., w.g. <i>2pk</i> Milk	⁴ MEAT LOAF <i>1sl.</i> Mashed Potatoes <i>1/2c</i> Mixed Vegetables <i>1/4c</i> Beef Gravy <i>1/4c</i> Poppin' Good Grapes <i>1/2c</i> Dinner Roll w/ Butter, wg <i>1ea</i> Milk	⁵ Sub w/all the fixins, wg <i>1ea</i> Smokin' Baked Beans <i>1/2c</i> Greek Salad <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> w.g. Cheez-its <i>1pkg</i> Condiments <i>1ea</i> Milk	Cal 648 T.Fat 17.53 G S.Fat 5.1 G Chol 64.3 Mg Sodm 940.83 Mg Carb 90.93 G Fiber 9.7 G Prtn 33.12 G Iron 3.88 Mg
⁸ HOLIDAY	⁹ Cheese Pizza, wg <i>1sl.</i> Glazed Carrots <i>3/4c</i> Fresh Apple <i>1ea</i> Squeezable Fruit <i>1ea</i> Mini Rice Krispy Bar, wg <i>1ea</i> Milk	¹⁰ Sloppy Joe on w.g. bun <i>1ea</i> French Fries w/ketchup <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> w.g. Cheez-its <i>1pkg</i> Milk	¹¹ w.g. Chicken Tenders w/ <i>3ea</i> Choice of Sauces <i>1pc</i> Smokin' Baked Beans <i>1/2c</i> Veggies w/Dip <i>1/2c</i> Pineapple Tidbits <i>1/2c</i> Milk	¹² Homestyle Lasagna, w.g. <i>1pc</i> Garden Salad w/Drsg <i>1c</i> Peaches in juice <i>1/2c</i> Garlic Toast, w.g. <i>1ea</i> Milk	Cal 657 T.Fat 16.59 G S.Fat 4.9 G Chol 40.8 Mg Sodm 1136.92 Mg Carb 98.73 G Fiber 9.9 G Prtn 29.31 G Iron 4.30 Mg
¹⁵ Chicken-N-Gravy <i>1/2c</i> Mashed Potatoes <i>1/2c</i> Glazed Carrots <i>1/2c</i> Tropical Fruit Salad <i>1/2c</i> Dinner Roll w/ Butter, wg <i>1ea</i> Bug Bites <i>1pkg</i> Milk	¹⁶ Hamburger on w.g. Bun <i>1ea</i> Lettuce/Tomato <i>1/4c/2sl</i> Smokin' Baked Beans <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Hamburger Condiments <i>1ea</i> Mini Rice Krispy Bar, wg <i>1ea</i> Milk	¹⁷ PIT Conferences 11:45 - 1:30 Lunch Provided	¹⁸ Cheesy Dunker Sauce <i>3/4c</i> Steamin' Broccoli Cuts <i>1/2c</i> Juicy Apricot Halves <i>1/2c</i> Cheesy Garlic Tst, wg. <i>2ea</i> Milk	¹⁹ Fish Nuggets, wg <i>4ea</i> Mixed Vegetables <i>3/4c</i> Orange <i>1ea</i> Wild Rice Blend <i>1/2c</i> Tartar Sauce <i>2T</i> Milk	Cal 671 T.Fat 17.20 G S.Fat 5.7 G Chol 76.3 Mg Sodm 949.78 Mg rb 93.54 G er 9.6 G tn 36.98 G n 4.54 Mg

In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.





Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
²² Beef Stroganoff <i>2/3c</i> Calif. Blend Veg <i>1/2c</i> Creamy Coleslaw <i>1/2c</i> Poppin' Good Grapes <i>1/2c</i> Parmesan Breadstick, wg <i>1ea</i> Milk	²³ Comdog, w.g. <i>1ea</i> Sweet Potato Bites <i>1/2c</i> Sugar Snap Peas w/ranch <i>1/4c</i> Fruit Cocktail in juice <i>1/2ea</i> Ketchup & Mustard <i>1ea</i> Milk	²⁴ Veg-Beef Noodle Soup <i>1c</i> Cottage Cheese <i>1/4c</i> Grape Tomatoes w/dip <i>1/4c</i> Mandarin Oranges <i>1/2c</i> Saltine Cr., w.g. <i>2pk</i> Milk	²⁵ <i>1/2c</i> B.B.Q. Pork on a Bun <i>1ea</i> Corn, Sweet <i>3/4c</i> Orange <i>1ea</i> Milk	²⁶ Cheesy, w. g. Chicken <i>1ea</i> Burrito w/Sauce Lettuce & Tomato <i>1/2c/2sl.</i> Cheesy Refried Beans <i>1/2c</i> Pears in juice <i>1/2c</i> Sr. Cream/Salsa <i>1oz/2T</i> Milk	Cal 649 T.Fat 16.19 G S.Fat 5.3 G Chol 47.4 Mg Sodm 923.54 Mg Carb 88.39 G Fiber 8.4 G Prtn 30.74 G Iron 3.63 Mg Calc 452.39 Mg Vit A 18.72 RE Vit C 48.62 Mg
²⁹ Spaghetti w/Meatsauce <i>3/4c</i> Steamin' Broccoli Cuts <i>1/2c</i> Fruit Cocktail in juice <i>1/2c</i> Garlic Toast, w.g. <i>1ea</i> Milk	³⁰ w.g. Chicken Wrap <i>1ea</i> w/Ranch Drsg <i>1/2c</i> Glazed Carrots <i>1ea</i> Fresh Apple <i>1ea</i> Fiesta Beans & Rice. wg <i>1/2c</i> Milk	³¹ Chili <i>3/4c</i> Shr Cheddar Cheese <i>1/2oz</i> Snow white Cauliflower <i>1/2c</i> Orange <i>1ea</i> Parmesan Breadstick, wg <i>1ea</i> Tortilla Chips, wg. <i>1oz</i> Milk			Cal 669 T.Fat 15.84 G S.Fat 4.7 G Chol 51.9 Mg Sodm 985.50 Mg Carb 101.55 G Fiber 12.9 G Prtn 32.54 G Iron 4.35 Mg Calc 513.28 Mg Vit A 22.13 RE Vit C 66.14 Mg

In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.