

**Fall Menu (September, October, November)**

**2% Milk served for 20 months and up (Asia, Antarctica, Australia and Africa Rooms, North & South America**

**Lunch Program Children)**

**3% Milk served to under 20 months (Europe Rooms)**

*Blue=Dairy Allergy Substitute*

*Red=Meat Substitute (Tofu, Ground Round, TVP-Textured Vegetable Protein, Tin Fish, Beans, Lentils, Veggie/Veggie Ham/Round)*

*Green= Gluten Allergy Substitute*

*Yellow=Egg Allergy Substitute*

**Week 1**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast/Am Snack Available 6:30am- 8:30am</b>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>
<b>Lunch 11:15am- 12:00pm</b>	<u>Baby Bean Burritos &amp; Salad</u> Tinned Bean Medley Brown Rice Shredded Cheese <i>(Dairy Free Cheese)</i> Whole Wheat Tortillas <i>(Gluten Free Bread)</i> Garden Salad (Lettuce, cucumber, tomato) <i>(Cooked Vegetables for babies/toddlers)</i> Salad Dressings Milk <i>(Soy/Rice)</i> & Water	<u>Breaded &amp; Baked Chicken Parmesan With Pasta</u> Chicken Breast <i>(Tofu Chunks)</i> Breadcrumbs/Flour <i>(Panko)</i> Parmesan Cheese <i>(Dairy Free Cheese)</i> Egg Wash (omit for allergy) Pasta <i>(Gluten Free Pasta)</i> Marinara Sauce With Diced Tomatoes Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Teriyaki Turkey &amp; Rice</u> Ground Turkey <i>(Ground Round, TVP)</i> White & Brown Rice Medley Cooked Carrots Teriyaki Sauce Milk <i>(Soy/Rice)</i> & Water	<u>Beef Barley Soup &amp; Cheesy Spinach Biscuits</u> Ground Beef <i>(Bean Medley Or Ground Round)</i> Baby Potatoes Carrots Celery Barley Bits Beef Stock <i>(Vegetable Stock)</i> Frozen Mixed Vegetables (In Soup) Seasonal Vegetables Frozen Spinach Shredded Cheese <i>(Dairy Free Cheese)</i> Biscuit Mix <i>(Gluten Free Bread)</i> Milk <i>(Soy/Rice)</i> & Water	<u>Roast Dinner</u> Roast Meat (Turkey, Chicken or Beef Joint) <i>(Tofu Chunks)</i> Homemade Mashed Potato Brown Gravy Cooked Seasonal Vegetables Whole Wheat Bread Slices <i>(Gluten Free Bread)</i> Margarine <i>(Vegan Margarine)</i> Milk <i>(Soy/Rice)</i> & Water
<b>Pm Snack 2:30-3:15pm</b>	<u>Pizza Crackers</u> Soda Crackers Tomato Sauce Shredded Cheese <i>(Dairy Free Cheese)</i> Water	<u>Fruit Nachos</u> Whole Wheat Pita Pieces <i>(Gluten Free Bread)</i> Chunky Fruit Salsa Water	<u>Muffins &amp; Fruit</u> Variety Muffins (Bran, Blueberry, Carrot/Zucchini, Banana) Seasonal Fruit Water	<u>Cottage Cheese, Vegetables &amp; Breadsticks</u> Seasonal Vegetable Cottage Cheese <i>(Dairy Free Cheese Slices)</i> Breadsticks <i>(Gluten Free Cracker)</i> Water	<u>Mini Rice Cakes &amp; Fruit</u> Flavored Mini Rice Cakes Seasonal Fruit Water

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**Week 2**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast/Am Snack Available 6:30am- 8:30am</b>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>
<b>Lunch 11:15am- 12:00pm</b>	<u>Mini Maple Salmon Wellington</u> Tinned Salmon Chunks Mixed with Ground Pork <i>(Tinned Salmon Only)</i> Maple Syrup Glaze Pastry Tart Shells <i>(Gluten Free Bread)</i> Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Chicken &amp; Broccoli Bake</u> Chicken Breast <i>(Tofu Chunks)</i> Bread Crumbs <i>(Gluten Free Bread)</i> Cream of Chicken Soup <i>(Dairy Free Spread &amp; Dairy Free Milk)</i> Broccoli Chunks Pasta <i>(Gluten Free Pasta)</i> Shredded Cheese <i>(Dairy Free Cheese)</i> Milk <i>(Soy/Rice)</i> & Water	<u>Mini Philadelphia Cheese Steak Sandwiches</u> Ground Beef <i>(Cooked Lentils, Textured Vegetable Protein or Ground Round)</i> Diced Green Pepper & Onion Melted Mozzarella Cheese <i>(Dairy Free Cheese)</i> Hamburger Buns <i>(Gluten Free Bread)</i> Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Perogies &amp; Quinoa Salad</u> Variety Perogies <i>(Mashed Potato)</i> Ground Pork <i>(Ground Round)</i> Quinoa Corn Nibbles Seasonal Fruit Milk <i>(Soy/Rice)</i> & Water	<u>Eggs, Toast &amp; Cheese</u> Scrambled Eggs <i>(Baked Beans)</i> Whole Wheat Toast <i>(Gluten Free Bread)</i> Margarine <i>(Vegan Margarine)</i> Cheese Cubes <i>(Dairy Free Cheese)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i> & Water
<b>Pm Snack 2:30-3:15pm</b>	<u>Wow Butter Balls &amp; Fruit</u> Wow Butter Oats Dates Chia/Flax Seeds Seasonal Fruit Water	<u>Frozen Yogurt Bars</u> Fruit Yogurt (Dairy Free Yogurt) Graham Crackers Water	<u>Homemade Granola Bars &amp; Fruit</u> Oats Dried Fruit Molasses Whole Wheat Flour Brown Sugar Margarine Cinnamon Baking Powder Seasonal Fruit Water	<u>Strawberry Scrolls</u> Whole Wheat Tortillas <i>(Gluten Free Bread)</i> Plain Cream Cheese <i>(Dairy Free Spread)</i> Strawberry Slices Water	<u>Crackers, Vegetables &amp; Dip</u> Variety Crackers <i>(Gluten Free Crackers)</i> Seasonal Vegetables Variety Dip <i>(Dairy Free Dip)</i> Water

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**Week 3**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast/Am Snack Available 6:30am- 8:30am</b>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>
<b>Lunch 11:15am- 12:00pm</b>	<u>Cowboy Beans &amp; Toast Dippers</u> Tinned Baked Beans Whole Wheat Toast <i>(Gluten Free Bread)</i> Margarine <i>(Vegan Margarine)</i> Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Shipwreck Casserole</u> Ground Beef <i>(Lentils)</i> White & Brown Rice Stewed Tomatoes Shredded Cheese <i>(Dairy Free Cheese)</i> Taco Seasoning Tomato Paste/Soup Frozen Mixed Vegetables (In Casserole) Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Orange Chicken Rice Bowls</u> Chicken Breast Pieces <i>(Tofu Chunks)</i> Chicken Stock <i>(Vegetable Stock)</i> Orange Marmalade Brown & White Rice Medley Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Pizzadillas</u> Whole Wheat Tortillas <i>(Gluten Free Bread)</i> Ham Cubes <i>(Veggie "Ham" Slices)</i> Shredded Cheese <i>(Dairy Free Cheese)</i> Tomato Sauce Pineapple Rings Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Chicken &amp; Mushroom Risotto</u> Chicken Breast Chunks <i>(Tofu Chunks)</i> Mushroom Slices Frozen Peas Cream <i>(Dairy Free Spread/ Milk Sauce)</i> Butter <i>(Vegan Margarine)</i> Flour Chicken Stock <i>(Vegetable Stock)</i> Arborio Rice Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water
<b>Pm Snack 2:30-3:15pm</b>	<u>Rice Pudding &amp; Fruit Puree</u> White Rice Milk/Cream <i>(Soy/Rice Milk)</i> Fruit Puree Water	<u>Cream Cheese, Crackers &amp; Vegetables</u> Variety Crackers Plain and Flavored Cream Cheese <i>(Dairy Free Spread)</i> Seasonal Vegetables Water	<u>Finger Sandwich Sticks</u> Whole Wheat Bread (Gluten Free Bread) Wow Butter Jam Cucumber Cream Cheese <i>(Dairy Free Spread)</i> Water	<u>Tuna Toppers</u> Soda Crackers Tinned Tuna <i>(Tofu)</i> Mayonnaise <i>(Dairy Free Mayonnaise)</i> Cucumber Slices Water	<u>Pretzels &amp; Cheese</u> Pretzel Shapes Cheese Cubes <i>(Dairy Free Cheese Slice)</i> Water

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**Week 4**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast/Am Snack Available 6:30am- 8:30am</b>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>	<u>Cereal Selection</u> Raisin Bran, Bran Flakes, Oat O's, Corn Flakes, Rice Cereal, Wheat Squares etc.) <i>(Chex)</i> Seasonal Fruit Milk <i>(Soy/Rice)</i>
<b>Lunch 11:15am- 12:00pm</b>	<u>Fish Pie</u> Flaked White Fish Pieces <i>(Tofu Chunks For No Animal Products)</i> Cream of Celery Soup & <i>(Dairy Free Spread)</i> Seasonings Homemade Garlic Mashed Potatoes Frozen Mixed Vegetables (In Pie) Seasonal Vegetables/Fruit Whole Wheat Bread Slices Margarine <i>(Vegan Margarine)</i> Milk <i>(Soy/Rice)</i> & Water	<u>Turkey Taco Soup &amp; Bread</u> Ground Turkey <i>(Textured Vegetable Protein or Ground Round)</i> Stewed Tomatoes Taco Seasoning Pasta <i>(Gluten Free Pasta)</i> Beef Stock <i>(Vegetable Stock)</i> Frozen Mixed Vegetables (In Soup) Seasonal Vegetables Whole Wheat Bread <i>(Gluten Free Bread)</i> Margarine <i>(Vegan Margarine)</i> Milk <i>(Soy/Rice)</i> & Water	<u>Beefy Mac &amp; Cheese</u> Macaroni Pasta <i>(Gluten Free Pasta)</i> Shredded Cheese <i>(Dairy Free Cheese)</i> Ground Beef <i>(Ground Round Or Textured Vegetable Protein)</i> Frozen Mixed Vegetables (In the Dish) Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Couscous Casserole</u> Couscous <i>(Lentils)</i> Ground Pork <i>(Ground Veggie Round)</i> Riced Cauliflower Seasonings Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water	<u>Chicken Caccitore</u> Chicken Breast <i>(Tofu Chunks)</i> Sauce (Crushed Tomatoes Seasonings, Onion, Garlic, Celery, Peppers, Mushrooms) Pasta <i>(Gluten Free Pasta)</i> Seasonal Vegetables Milk <i>(Soy/Rice)</i> & Water
<b>Pm Snack 2:30-3:15pm</b>	<u>Fruit &amp; Yogurt Dip</u> Seasonal Fruit Fruit Yogurt <i>(Dairy Free Yogurt)</i> Water	<u>Homemade Humous &amp; Dippers</u> Whole Wheat Pita/Breadsticks <i>(Gluten Free Bread/Cracker)</i> Seasonal Vegetables Tinned Chic Peas Tahini Lemon Juice Garlic Olive Oil Water	<u>Fruity Pancakes &amp; Fruit</u> Frozen Fruit Puree Pancake Mix <i>(Gluten Free Mix)</i> Seasonal Fruit Water	<u>Cheese Cubes &amp; Crackers</u> Cheese Cubes <i>(Dairy Free Cheese Slice)</i> Cracker Selection <i>(Gluten Free Cracker)</i> Water	<u>Fruit, Sweet Crackers &amp; Applesauce Dip</u> Sweet Crackers (Animal, Maria Biscuit, Graham) <i>(Gluten Free Cracker)</i> Tinned Applesauce Seasonal Fruit Water