

BREAKFAST MENU October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Farina Plain French Toast (pre-prepared) Vegetarian Western Omelette Peach 1% Low Fat Milk Pancake Syrup	2 Apple 1% Low Fat Milk Margarine Bran Flakes Cereal Scrambled Eggs with Swiss Whole Wheat Bread	3 Creamy Apple-Raisin Oatmeal Hard Boiled Egg Whole Wheat Cinnamon Pancakes Orange 1% Low Fat Milk Ketchup (1 Tbsp)	4 Cheerios Egg Whites English Muffin, Whole Wheat Muenster Cheese Slice Honeydew 1% Low Fat Milk Ketchup (9g packet)
7 Oat Bran Scrambled Eggs Whole Wheat Cinnamon Pancakes Honeydew 1% Low Fat Milk	8 Cheddar and Potato Bake Creamy Apple-Raisin Oatmeal Orange 1% Low Fat Milk Margarine	9 Cheese Omelet (pre prepared) Grits (1 cup) Whole Wheat Mini Bagel Banana 1% Low Fat Milk Pancake Syrup	10 Cinnamon Rice Pudding with Oats Egg White Omelette with Peppers and Onions Multigrain Bread Peach 1% Low Fat Milk	11 Coconut Banana Whole Wheat French Toast Cottage Cheese (3/4 cup) Hard Boiled Egg Plum 1% Low Fat Milk Pancake Syrup
14 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Orange 1% Low Fat Milk Ketchup (1 Tbsp)	15 Cottage Cheese (3/4 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	16 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Peach 1% Low Fat Milk Pancake Syrup	17 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Banana 1% Low Fat Milk Margarine	18 English Muffin, Whole Wheat Oat Bran Spinach and Mozzarella Frittata Orange 1% Low Fat Milk Grape Jelly Margarine
21 Scrambled Eggs with Swiss Tropical Waffles with Mangoes and Whipped Cream Apple 1% Low Fat Milk Pancake Syrup	22 Cinnamon Citrus Whole Wheat French Toast Squares Hard Boiled Egg Oatmeal (1 cup) Orange 1% Low Fat Milk Pancake Syrup	23 Cinnamon Toast Crunch (Reduced Sugar) Home Fries Scrambled Eggs Peach 1% Low Fat Milk Ketchup (1 Tbsp)	24 Cheerios Cottage Cheese (3/4 cup) Egg and Broccoli Scramble Banana 1% Low Fat Milk Ketchup (1 Tbsp)	25 Bran Flakes Cereal Cheddar and Potato Bake Plum Whole Grain Apple Cinnamon Muffin (pre-prepared) 1% Low Fat Milk Ketchup (1 Tbsp)
28 Egg Whites Instant Maple Flavored Oatmeal (1/2 cup) Pancakes (pre-prepared) Orange 1% Low Fat Milk Margarine Pancake Syrup	29 Multigrain Bread Spinach, Vegetable, and Cheddar Frittata Peach 1% Low Fat Milk Margarine	30 Hard Boiled Egg Oatmeal (1 cup) Plain French Toast (pre- prepared) Banana 1% Low Fat Milk Pancake Syrup	31 Apple Pie Oatmeal Cheese Frittata Apple 1% Low Fat Milk Margarine	



October 2024

	Tuesday	Wednesday	Thursday	Friday
	1 Jumbo Stuffed Shells with Meat Sauce Whole Wheat Dinner Roll Sauteed Zucchini * Canned Pineapple * 1% Low Fat Milk	2 Teriyaki Pork Loin Whole Wheat Bread Steamed Cauliflower * Sweet Baked Yams Orange 1% Low Fat Milk	3 Tomato Braised Winter Squash with Chickpeas and Spinach Broccoli with Toasted Garlic * Garden Salad * Canned Pears * 1% Low Fat Milk Quick Apple Cake	4 Breaded Meatless Patty (pre-prepared) Lemon Salmon Brown Rice with Mushrooms Steamed Green Beans * Apple 1% Low Fat Milk
7 Stewed Pork Chops Whole Wheat Dinner Roll Italian Blend Vegetables * Orzo Orange 1% Low Fat Milk	8 Tasty Whole Wheat Lo Mein with Chickpeas Half White Half Brown Rice (1 cup) Broccoli with Teriyaki Sauce * Orange 1% Low Fat Milk Vanilla Pudding (pre-prepared)	9 Beef Meatloaf with Mushroom Gravy Multigrain Bread Baby Carrots and Parsley * Smashed Mixed Potatoes and Cauliflower Apple 1% Low Fat Milk	10 Oven Fried Chicken Wings Whole Wheat Bread Coleslaw (pre-prepared) Sauteed Green Beans with Onions * Banana 1% Low Fat Milk	11 Baked Marinated Fish Stuffed Shells (Pre-prepared) Whole Wheat Bread Mixed Green Salad * Sauteed Spinach and Tomatoes * Apple 1% Low Fat Milk
14 Baked Ziti with Turkey (Dairy-Free) Whole Wheat Dinner Roll Sauteed Zucchini * Apple 1% Low Fat Milk	15 Mama's Pasta Fagioli Whole Wheat Bread Garden Salad * Italian Blend Vegetables * Banana 1% Low Fat Milk Tapioca Pudding (pre-prepared)	16 Chicken Kiev Multigrain Bread Baked Red Potato Wedges Normandy Blend * Canned Sliced Peaches * 1% Low Fat Milk	17 Stuffed Cabbage Whole Wheat Dinner Roll Prince Edward Blend Vegetables * Sweet Baked Yams Applesauce * 1% Low Fat Milk Pudding	18 Baked Salmon Brown Rice (1/2 cup) Sauteed Green Beans with Onions * Orange 1% Low Fat Milk
21 Baked Chicken Quarters Gravy Whole Wheat Bread Baked Red Potato Wedges Cauliflower with Carrots and Parsley * Orange 1% Low Fat Milk	22 Scrumptious No Cheese Baked Ziti Whole Wheat Bread Italian Blend Vegetables * Mixed Green Salad * Banana 1% Low Fat Milk	23 Tender Pork Medallions with Rich Onion Sauce Whole Wheat Dinner Roll Normandy Blend * Sweet Baked Yams Apple 1% Low Fat Milk	24 Turkey and Beef Salisbury Steak with Mushroom Gravy Multigrain Bread Baked Potato Steamed Green Beans * Orange 1% Low Fat Milk	25 Alfredo Sauce Baked Fish Cheese Tortellini (pre-prepared) Whole Wheat Dinner Roll Broccoli with Toasted Garlic Canned Sliced Peaches * 1% Low Fat Milk
28 1% Low Fat Milk Chicken Kiev Whole Wheat Bread Roasted Potatoes Tangy Green Beans * Orange	29 Classic Lentil Soup (pre-prepared) California Veggie Burger (pre-prepared, 4oz) Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Orange 1% Low Fat Milk	30 Baked Pork Gravy Multigrain Bread Sweet Baked Yams Winter Blend Vegetables * Applesauce * 1% Low Fat Milk	31 Oven Fried Chicken Wings Multigrain Bread Home Fries with Peppers and Onions Normandy Blend * Canned Pineapple * 1% Low Fat Milk	