Fall Rotating Menu – Hot October 4-December 3

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

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| Spinning leaves in the wind  **Cheeseburger – 4 oz.**  **WG Bun – 1 each**  **Potato Wedges – ½ cup (FZ)**  **Banana – 1 each**  **Skim Milk – 8 fl. oz.** | **Beef Chili – ¾ cup**  **WG Crackers – 2 packets**  **Corn – ½ cup (FZ)**  **Pineapple – 1 slice (FR)**  **Skim Milk – 8 fl oz** | **Chicken Tenders - 3 each**  **WG Roll – 1 each**  **Mashed Potatoes & Gravy – ½ cup (FR)**  **Apple – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **Asian Chicken – 3 oz.**  **WG Rice – ½ cup**  **Stir-fry Veggies – ½ cup (FZ)**  **Clementine – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **Meatballs – 2 each (2 oz.)**  **WG Spaghetti – ½ cup**  **Marinara – ¼ cup (CN)**  **Mixed Greens w/ Ranch – 1 cup (FR)**  **Peaches – ½ cup (CN)**  **Skim Milk – 8 fl. Oz.** |
| **Chicken Alfredo– 2 oz.**  **WG Penne – ½ cup**  **Steamed Broccoli – ½ cup (FZ)**  **Mandarin Orange Cup- ½ cup/1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **Beef Stew**  **Beef – 2 oz.**  **WG Rice – ½ cup**  **Stewed Veggies – ½ cup (FZ)**  **Apple – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **Breakfast Casserole**  **(Turkey Sausage – 1 oz.,**  **Eggs – 2 oz., Cheese – 1 oz.)**  **WG Biscuit – 1 each**  **Home Fries – ½ cup (FZ)**  **Berries– ½ cup (FR)**  **Skim Milk – 8 fl. Oz.** | **Chicken Legs – 1 each**  **WG Roll – 1 each**  **Green Beans w/ Turkey Ham – ½ cup (FZ)**  **Watermelon – 1 slice (FR)**  **Skim Milk – 8 fl. Oz.** | **Cheeseburger – 4 oz.**  **WG Bun – 1 each**  **Mixed Veggies – ½ cup (FZ)**  **Grapes – ½ cup (FR)**  **Skim Milk – 8 fl. Oz.** |
| **BBQ Pulled Chicken – 2 oz.**  **WG Bun – 1 each**  **Crinkle Cut Carrots – ½ cup (FZ)**  **Clementine – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **TACO TUESDAY**  **Turkey – 2 oz. Cheese – 1 oz.**  **WG Taco Shell – 2 each**  **Corn – ½ cup (FZ)**  **Banana – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** | **Cheese Ravioli – 3 each**  **WG Pasta – ½ cup**  **Mixed Greens w/ Ranch – 1 cup (FR)**  **Cantaloupe – 1 each/1/2 cup(FR)**  **Skim Milk – 8 fl. Oz.** | **Country Fried Steak w/gravy – 2 oz.**  **WG Roll – 1 each**  **Mashed Potatoes w/ Gravy – ½ cup (FR)**  **Grapes – ½ cup (FR)**  **Skim Milk – 8 fl. Oz.** | **Roast Beef – 2 oz.**  **WG Mac N Cheese – ½ cup**  **Broccoli –1/2 cup (FZ)**  **Apple – 1 each (FR)**  **Skim Milk – 8 fl. Oz.** |
| **Sloppy Joe – 2 oz.**  **WG Bun – 1 each**  **Seasoned Broccoli – ½ cup (FZ)**  **Peaches – ½ cup (CN)**  **Skim Milk – 8 fl. oz.** | **Turkey Tetrazzini**  **Turkey – 2 oz.**  **Marinara – ¼ cup**  **WG Egg Noodles – ½ cup**  **Sweet Peas – ½ cup (FZ)**  **Cantaloupe – 1 slice/1/2 cup (FR)**  **Skim Milk – 8 fl. oz.** | **Chicken Nachos**  **Chicken – 2 oz. Cheese – 1 oz.**  **WG Tortilla Chips – 1 oz.**  **Corn – ½ cup (FZ)**  **Strawberry Applesauce – ½ cup/1 each**  **Skim Milk – 8 fl. oz.** | **Pulled BBQ Beef – 2 oz.**  **WG Bun – 1 each**  **Seasoned Broccoli – ½ cup (FZ)**  **Grapes – ½ cup (FR)**  **Skim Milk – 8 fl. oz.** | **Roasted Turkey – 2 oz.**  **WG Roll – 1 each**  **Green Beans w/ Turkey Ham – ½ cup (FZ)**  **Pineapple Cup – 1 each/1/2 cup (CN)**  **Skim Milk – 8 fl. oz.** |