



# Tots Lunch Menu



Whole Milk 3.25% Fat Content (Ages 1-2)  
Skim Milk-0% Fat Content(Ages:2 and up)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9/30</b> Macaroni & Cheese Carrot Mash Diced Mixed Melon WG Dinner Roll*	<b>10/1</b> Italian Chicken Oven Browned Potatoes Green Peas Applesauce WG Wheat Bread*	<b>10/2</b> Beefy Meat Sauce Rotini Pasta Broccoli Diced Honeydew WG Wheat Bread*	<b>10/3</b> Potato Chicken Taco Shredded Cheddar Cheese Refried Beans Diced Carrots Diced Pineapple WG Soft Flour Tortilla*	<b>10/4</b> WG Cheese Ravioli* in Marinara Sauce Green Beans Diced Fresh Fruit WG Bread*
<b>10/7</b> Turkey Chili Steamed Rice Green peas Diced Peaches WG Cornbread*	<b>10/8</b> Cheeseburger Casserole Broccoli Diced Honeydew WG Wheat Bread*	<b>10/9</b> Chicken Teriyaki Meatballs Steamed Rice Cauliflower Applesauce WG Wheat Bread*	<b>10/10</b> Beef Sloppy Joes Baked French Fries Sautéed Cabbage Diced Watermelon WG Bun*	<b>10/11</b> Macaroni & Cheese Roasted Green Beans Diced Fresh Fruit WG Wheat Bread*
<b>10/14</b> <b>CLOSED</b>	<b>10/15</b> Beef Taco Shredded Cheddar Cheese Spanish Black Beans Broccoli Diced Watermelon WG Soft Flour Tortilla*	<b>10/16</b> Macaroni & Cheese Roasted Vegetables Diced Peaches WG Cornbread*	<b>10/17</b> Chicken Fried Rice Green Beans Diced Pears WG Wheat Bread*	<b>10/18</b> Italian Beef Meatballs in Marinara Sauce Spaghetti Noodles Cauliflower Diced Fresh Fruit WG Wheat Bread*
<b>10/21</b> Cheesy Baked Beef Mostaccioli Corn Diced Pineapple WG Dinner Roll*	<b>10/22</b> Diced Chicken & Gravy Mashed Potatoes Broccoli Applesauce WG Wheat Bread*	<b>10/23</b> Macaroni & Cheese Green Peas Diced Honeydew WG Wheat Bread*	<b>10/24</b> Beef Nachos Shredded Cheddar Cheese Sour Cream Spanish Rice Diced Carrots Diced Pears WG Corn Tortilla Chips*	<b>10/25</b> Cheesy Chicken & Rice Brussel Sprouts Diced Fresh Fruit WG Wheat Bread*
<b>10/28</b> Macaroni & Cheese Carrot Mash Diced Mixed Melon WG Dinner Roll*	<b>10/29</b> Italian Chicken Oven Browned Potatoes Green Peas Applesauce WG Wheat Bread*	<b>10/30</b> Beefy Meat Sauce Rotini Pasta Broccoli Diced Honeydew WG Wheat Bread*	<b>10/31</b> Potato Chicken Taco Shredded Cheddar Cheese Refried Beans Diced Carrots Diced Pineapple WG Soft Flour Tortilla*	<b>11/1</b> <b>CLOSED</b>

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.

Menu provided by Quality Catering approved by Rana Ahmad, MS RDN LDN

(\*) Denotes item is WHOLE GRAIN

Menus are subject to change



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