

OCTOBER 2020

Organic whole milk is served to children under two in the infant and toddler programs. Children two and older will be served 1% or skim milk. One-grain rich food is served every day.

POM serves the following cereals:
Hy-Vee - Tastee-O's - 2 grams of sugar per 1.5 cup serving size, and Chex - Gluten Free - 2 grams of sugar per 1.5 cup serving size.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast 28 Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Sloppy Joes on WW Bun, Fruit, Cole Slaw, Milk</p> <p>Snack Yogurt, Fruit, Water</p>	<p>Breakfast 29 Yogurt Parfait, w/ Fruit & Granola, Milk</p> <p>Lunch Stroganoff Over WW Noodles, Veggies, Fruit, Milk</p> <p>Snack Veggies & Ranch, Crackers, water</p>	<p>Breakfast 30 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch BBQ Chicken pinwheels, Veggie, Fruit, Milk</p> <p>Snack Banana pancakes w/Milk</p>	<p>Breakfast OCT 1 Fresh Baked Scone, Fruit, Milk</p> <p>Lunch Quesidillas w/turkey, Veggies, Fruit, Milk</p> <p>Snack String Cheese, Fruit, Water</p>	<p>Breakfast 2 Quiche, Fruit, Toast, Milk</p> <p>Lunch All Natural Macaroni & Cheese, Fruit, Veggie, Milk</p> <p>Snack Chef's Choice, Milk</p>
<p>Breakfast 5 Buckwheat Pancakes, Fruit, Milk</p> <p>Lunch WW Spaghetti Meatballs, Veggies, Fruit, Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>Breakfast 6 Scrambled Eggs, Toast, Fruit, Milk</p> <p>Lunch Chicken Rice Casserole W/Veggies, Fruit, Milk</p> <p>Snack Homemade Banana Ice Cream w/cocoa, Crackers, water</p>	<p>Breakfast 7 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Turkey Burgers on WW Bun, Fruit, Veggie, Milk</p> <p>Snack Zucchini Bread with Cinnamon Butter, Milk</p>	<p>Breakfast 8 Breakfast biscuits w/turkey & cheese, Fruit, Milk</p> <p>Lunch Soft Shell Tacos, Whole Grain Rice, Fruit, Veggies, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>Breakfast 9 Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Chicken Sandwich on WW, Soup, Fruit, Milk</p> <p>Snack Fruit, Graham Cracker Bars, Water</p>
<p>Breakfast 12 Breakfast Parfait w/English muffins, Fruit, Milk</p> <p>Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p>Snack Sun Butter w/Apples and Veggies, Milk</p>	<p>Breakfast 13 WW English Muffins, Scrambled Eggs, Fruit, Milk</p> <p>Lunch WW Spaghetti & Meat Balls, Veggies, Fruit, Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>Breakfast 14 Sugar Free Cereal, Berries, Milk</p> <p>Lunch Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk</p> <p>Snack Fruit & Cheese, Water</p>	<p>Breakfast 15 Whole Wheat Pancakes, Fruit, Milk</p> <p>Lunch Turkey Burger on WW Bun, Veggies, Fruit, Milk</p> <p>Snack Cottage Cheese, fruit, water</p>	<p>16</p> <p>All Programs Closed - MEA & Parent Teacher Conferences</p>
<p>Breakfast 19 Bagels w/cream cheese, fruit, Milk</p> <p>Lunch Sloppy Joes on WW Bun, Veggies, Fruit, Milk</p> <p>Snack Home made banana ice cream, milk</p>	<p>Breakfast 20 Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Baked Chicken, WW Pasta Salad, Squash, Fruit, Milk</p> <p>Snack String Cheese, Apples, Water</p>	<p>Breakfast 21 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch WW Pizza w/Veggies & ground turkey, Fruit, Milk</p> <p>Snack Veggies W/Homemade Ranch Milk</p>	<p>Breakfast 22 Breakfast biscuit w/egg & cheese, Fruit, Milk</p> <p>Lunch Fresh Baked Chicken Salad Sand on WW bun, Veggies, Milk</p> <p>Snack Homemade Oatmeal Bars, Milk</p>	<p>Breakfast 23 Quiche w/veggies, Roasted Potatoes, Fruit, Milk</p> <p>Lunch All Natural WW Mac & Cheese, Veggies, Fruit, Milk</p> <p>Snack Bananas, graham crackers, water</p>
<p>Breakfast 26 Fruit Smoothie, WW Toast, Milk</p> <p>Lunch WW Spaghetti & Meat Balls, Veggies, Fruit, Milk</p> <p>Snack Yogurt with Granola, Water</p>	<p>Breakfast 27 Bagels, Cream Cheese, Fruit, Milk</p> <p>Lunch BBQ chicken Quesidillas, Veggies, Fruit, Milk</p> <p>Snack Homemade Oatmeal Bars, Milk</p>	<p>Breakfast 28 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Tater tot hot dish w/veggies, Fruit, WW Bread, Milk</p> <p>Snack Chef's Choice, Milk</p>	<p>Breakfast 29 Muffin Bars, Fruit, Milk</p> <p>Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p>Snack Cream Cheese & Crackers, Milk</p>	<p>Breakfast 30 Apple French Toast Bake, Milk</p> <p>Lunch Chicken Noodle Soup w/Veggies, Roll, Fruit, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>

