

October

ESS CACFP Menu

- AVO
- BAN
- CDO
- HIG

- KEM
- LMD
- LPE
- RAN

- LMAAC
- STEAM
- SVA

1

Cheese Pizza Slice
Banana
Garbanzo Beans
White or Chocolate Milk

2

Bean & Cheese Burrito
Applesauce
Jicama Sticks
White or Chocolate Milk

3

Fritos Chips & Bean Dip
Apple
Garbanzo Beans
White or Chocolate Milk

6 - 10



Fall Break

13 - 17

Fall Break

20

Funyun Chips
String Cheese
Corn
Apple
White or Chocolate Milk

21

Chicken Strips
Black Beans
Dried Cranberries
White or Chocolate Milk

22

Beef & Cheese Taco
Cucumber Slices
Banana
White or Chocolate Milk

23

(Garlic)
Cheese French Bread
Green Beans
Raisins
White or Chocolate Milk

24

Turkey & Cheese Sandwich
Celery Sticks
Frozen Fruit Cup
White or Chocolate Milk

27

Fritos Corn Chips
Bean Dipz Cup
Corn
Apple
White or Chocolate Milk

28

Chicken Corn Dog
Black Beans
Dried Cranberries
White or Chocolate Milk

29

Cheese Pizza Wedge
Cucumber Slices
Banana
White or Chocolate Milk

30

Chicken Taquitos
Green Beans
Raisins
White or Chocolate Milk

31

Halloween Grahams
Low-fat Yogurt
Celery Sticks
Frozen Fruit Cups
White or Chocolate Milk

This institution is an equal opportunity provider. Menu is subject to change.