

October

CACFP MENU

- Lemon Ave
- Maryland Ave
- Murray Manor
- Northmont
- Rolando



28 Heartzels Pretzels Chickpea Spread Sunflower Seeds Carrots, Fruit Cup White or Choc. Milk	29 (Turkey & Cheese) Sub Sandwich Garbanzo Beans Bartlett Pear White or Choc. Milk	30 Lowfat Yogurt Vanilla Chat Snax Sliced Cucumbers Petite Banana White or Choc. Milk	1 (Strawberry Smoothie) Cereal Pouch String Cheese Green Beans, Craisins White or Choc. Milk	2 Chicken, Turkey Pep, & Cheese Sub Jicama Sticks Fuji Apple White or Choc. Milk
5 B	6 R	7 E	8 A	9 K
12 B	13 R	14 E	15 A	16 K
19 Funyun Chips Jack Links Chicken Bites String Cheese, Carrots Frozen Fruit or Emoji Cup White or Choc. Milk	20 Goldfish Graham Strawbanana Smoothie Sunflower Seeds Corn, Apple White or Choc. Milk	21 Soft Pretzel Mucho Queso Cheese Cup String Cheese Green Beans, Banana White or Choc. Milk	22 Chicken, Turkey Pep, & Cheese Sub Carrots, Apple White or Choc. Milk	23 Blueberry Bagel Cream Cheese, Turkey Stick String Cheese Jicama Sticks, Cran. Raisins White or Choc. Milk
26 Jungle Crackers Chocolate Chickpea Spread Sunflower Seeds, Carrots Frozen Fruit or Emoji Cup White or Choc. Milk	27 Turkey & Cheese Sub Corn Apple White or Choc. Milk	28 Pita Chips Red Pepper Hummus Green Beans Banana White or Choc. Milk	29 Wild White Doritos Jack Links Chicken Bites String Cheese Carrots, Apple White or Choc. Milk	30 Cinnamon Granola Lowfat Yogurt Jicama Sticks Cranberry Raisins White or Choc. Milk

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