

OCTOBER MENU 2021

Trinity Learning Center

SUN

MON






TUES

WED

THUR

FRI

SAT

WEEK 1						
BREAKFAST 7:30 – 8:30					1 Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M <u>1% Milk Twos and above</u>	USDA Child nutrition programs are available to all children without regard to race, national origin, sex, age, or disability For One's substitutions For hard fresh fruits or veggies... cooked carrots applesauce and other soft fruits or veggies Meats are quartered
LUNCH 10:30 – 12:30					Beef Taco HM D-24 Corn Taco Shell Glazed Carrots Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above	
SNACK 2:00 – 3:00					Vanilla Yogurt Bran Muffin Water	
WEEK 2						
BREAKFAST 7:30 – 8:30	4 W. Wheat English Muffin Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above	5 Cheddar Cheese Toast Apple Sauce Whole Milk 12-23 M 1% Milk Twos and above	6 Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M <u>1% Milk Twos and above</u>	7 Croissant and Butter Mandarin Oranges Whole Milk 12-23 M 1% Milk Twos and above	8 Raisin Bread Tropical Fruit Cup Whole Milk 12-23 M 1% Milk Twos and above	CN – Child Nutrition HM – Home Made If Fresh Fruit is out of season Frozen can be used instead. Cereals contain less than 6 grams of sugar per serving. No Fried Foods Water is served throughout the day as needed
LUNCH 10:30 – 12:30	Turkey Sausage CN Cheese Grits Hash Brown Potato Tropical Fruit Whole Milk 12-23 M 1% Milk Twos and above	Roasted Chicken Leg Fresh Broccoli Pineapple Rings W. Wheat Roll Whole Milk 12-23 M 1% Milk Twos and above	Beef Lasagna CN Green Beans Sliced Peaches W. Wheat Dinner Roll Whole Milk 12-23 M 1% Milk Twos and above	Beef Salisbury Steak CN Black Eyed Peas Brown Rice Sliced Pears Whole Milk 12-23 M 1% Milk Twos and above	Chicken Taco HM D-24 Corn Taco Shell Glazed Carrots Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above	
SNACK 2:00 – 3:00	W. Wheat Crackers 100% Fresh Juice	Cucumber Slices Cheddar Cheese Cube Water	Fresh Orange Slices Ritz Crackers Water	Carrots and Ranch Dip Cheez-it Crackers Water	Vanilla Yogurt Granola Water	
WEEK 3						
BREAKFAST 7:30 – 8:30	11 Blue Berry Muffin Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above	12 English Muffin and Jelly Tropical Fruit Cup Whole Milk 12-23 M 1% Milk Twos and above	13 Croissant and Butter Mandarin Oranges Whole Milk 12-23 M 1% Milk Twos and above	14 Cheddar Cheese Toast Applesauce Whole Milk 12-23 M 1% Milk Twos and above	15 Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M <u>1% Milk Twos and above</u>	<u>UN-FLAVORED</u> Milk servings: 12-23 months ½ cup (whole) 2-5 years ¾ cup (1%) 6-12 years 1 cup (1%) Grain servings: 1-2 years ½ ounce 3-5 years ¾ ounce 6-12 years ½ ounce
LUNCH 10:30 – 12:30	Chicken Nuggets CN Pinto Beans Tropical Fruit W. Wheat Roll Whole Milk 12-23 M 1% Milk Twos and above	Glazed Chicken CN Fresh Broccoli Pineapple Rings W. Wheat Roll Whole Milk 12-23 M 1% Milk Twos and above	Pulled Chopped Pork CN Potato Salad HM Sliced Peaches W. Wheat Roll Whole Milk 12-23 M 1% Milk Twos and above	Beef Spaghetti D03 W. Wheat Noodles Green Beans Sliced Pears Whole Milk 12-23 M 1% Milk Twos and above	Beef Taco HM D-24 Corn Taco Shell Glazed Carrots Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above	
SNACK 2:00 – 3:00	W. Wheat Waffle 100% Fresh Juice	Cucumber Slices & Dip W. Wheat Crackers Water	Craisins and Raisins Mozzarella Cheese Stick Water	Fresh Oranges Goldfish Crackers Water	Bran Muffin Vanilla Yogurt Water	
WEEK 4						
BREAKFAST 7:30 – 8:30	18 W. Wheat English Muffin Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above	19 Cheddar Cheese Toast Apple Sauce Whole Milk 12-23 M 1% Milk Twos and above	20 Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M <u>1% Milk Twos and above</u>	21 Croissant and Butter Mandarin Oranges Whole Milk 12-23 M 1% Milk Twos and above	22 Raisin Bread Tropical Fruit Cup Whole Milk 12-23 M 1% Milk Twos and above	Meat servings: 1-2 years 1 ounce 3-5 years 1½ ounce 6-12 years 2 ounce Fruit/Vegetable servings 1-2 years 1/8 ounce each 3-5 years ¼ ounce each 6-12 years ½ ounce each
LUNCH 10:30 – 12:30	Turkey Corn Dogs CN Pinto Beans Tropical Fruit Whole Milk 12-23 M 1% Milk Twos and above	Chicken Biscuit Pie D-11 Pineapple Rings Fresh Broccoli Whole Milk 12-23 M 1% Milk Twos and above	Meat Loaf CN Mashed Potatoes/Gravy Sliced Peaches W. Wheat Dinner Roll Whole Milk 12-23 M 1% Milk Twos and above	Chili Con Carne D25 Green Beans Sliced Pears Jiffy Corn Bread Whole Milk 12-23 M 1% Milk Twos and above	Chicken Taco HM D-24 Corn Taco Shell Glazed Carrots Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above	
SNACK 2:00 – 3:00	W. Wheat Crackers 100% Fresh Juice	Cucumber Slices Cheddar Cheese Cube Water	Fresh Orange Slices Ritz Crackers Water	Carrots and Ranch Dip Cheez-it Crackers Water	Vanilla Yogurt Granola Water	
WEEK 5						
BREAKFAST 7:30 – 8:30	25 Blue Berry Muffin Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above	26 English Muffin and Jelly Tropical Fruit Cup Whole Milk 12-23 M 1% Milk Twos and above	27 Croissant and Butter Mandarin Oranges Whole Milk 12-23 M 1% Milk Twos and above	28 Cheddar Cheese Toast Applesauce Whole Milk 12-23 M 1% Milk Twos and above	29 Cereal Choice... Rice, Oats, Corn, Wheats Fresh Banana Whole Milk 12-23 M <u>1% Milk Twos and above</u>	
LUNCH 10:30 – 12:30	Beef Slider on Bun CN Pinto Beans Tropical Fruit Whole Milk 12-23 M 1% Milk Twos and above	Chicken & Rice D7 Fresh Broccoli Pineapple Rings W. Wheat Roll Whole Milk 12-23 M 1% Milk Twos and above	Meatballs CN Mashed Potatoes/Gravy Sliced Peaches W. Wheat Dinner Roll Whole Milk 12-23 M 1% Milk Twos and above	Beef Smokies CN W. Wheat Mac & Cheese Lima Beans Sliced Pears Whole Milk 12-23 M 1% Milk Twos and above	Beef Taco HM D-24 Corn Taco Shell Glazed Carrots Pineapple Tidbits Whole Milk 12-23 M 1% Milk Twos and above	
SNACK 2:00 – 3:00	W. Wheat Waffle 100% Fresh Juice	Cucumber Slices & Dip W. Wheat Crackers Water	Craisins and Raisins Mozzarella Cheese Stick Water	Fresh Oranges Goldfish Crackers Water	Vanilla Yogurt Bran Muffin Water	