

Meatless Monday	Taco Tuesday	World of Wednesday	Tasty Thursday	Fish Friday		
<p style="text-align: center;"><b>CDC</b> <b>October Menu</b> <b>2024</b></p>	<p><b>1</b> <b>B:</b> WGR Waffles and Diced Mango <b>L:</b> Beef Picadillo on WGR Tortillas Steamed Green Beans Fresh Orange Slices <b>S:</b> WG Ritz Crackers and Carrot Sticks with Ranch</p>	<p><b>2</b> <b>B:</b> WGR Cereal and Sliced Peaches <b>L:</b> One Pot Jambalaya with Chicken, Beef Sausage, and WGR Brown Rice Roasted Cauliflower Fresh Diced Honey Dew Melon <b>S:</b> WGR Bagels and Cream Cheese</p>	<p><b>3</b> <b>B:</b> WGR French Toast Sticks and Diced Pineapple <b>L:</b> Ground Beef Cheesy Nachos with WGR Tortilla Chips Steamed Mixed Vegetables Fresh Strawberries <b>S:</b> WG Pretzels and Cheese Cubes</p>	<p><b>4</b> <b>B:</b> WGR Pancakes and Fresh Bananas <b>L:</b> Baked Fish Scandia with WGR Pasta Steamed Green Peas Fresh Blueberries <b>S:</b> WG Saltine Crackers and Diced Turkey</p>		
	<p><b>7</b> <b>B:</b> WGR Cereal and Fresh Blackberries <b>L:</b> Vegetarian Chili Beans with WG Cornbread Steamed Herbed Broccoli Warm Cinnamon Apples <b>S:</b> WG Animal Crackers and Fresh Orange Slices</p>	<p><b>8</b> <b>B:</b> WG Pork Cheesy Sausage Morning Roll and Pineapple Chunks <b>L:</b> Green Chicken on WGR Tortillas Roasted Cauliflower Sliced Peaches <b>S:</b> WG Graham Crackers and Yogurt Cups.</p>	<p><b>9</b> <b>B:</b> WGR Cereal and Diced Mangos <b>L:</b> Beef with WG Lo Mein Noodles Vegetable Stir Fry Fresh Cantaloupe <b>S:</b> WG Banana Muffin and Fresh Sliced Green Apples</p>	<p><b>10</b> <b>B:</b> WGR Buttered Toast and Sliced Strawberries <b>L:</b> Grilled Chicken Strips with Mac and Cheese Steamed Lima Beans Fresh Blueberries <b>S:</b> WG Corn Chips and (Non-Vegetarian) Bean Dip</p>	<p><b>11</b> <b>B:</b> WGR Oatmeal and Bananas <b>L:</b> Baked Salmon with WGR Dinner Roll Steamed Cabbage with Bacon Fresh Diced Watermelon <b>S:</b> WG Ritz Crackers and Sliced Pears</p>	
	<p><b>14</b> <b>B:</b> WGR Cereal and Diced Mangos <b>L:</b> Baked Cheesy WGR Pasta Steamed Peas and Carrots Fresh Orange Slices <b>S:</b> WG Pretzel and Sliced Red Apples</p>	<p><b>15</b> <b>B:</b> WGR Croissant and Sliced Peaches <b>L:</b> Beef Sausage with WGR Tortilla Fiesta Corn Fresh Diced Honey Dew Melon <b>S:</b> WG Ritz Crackers and Hummus</p>	<p><b>16</b> <b>B:</b> WGR Cereal and Fresh Blueberries <b>L:</b> Pesto Chicken with WGR Brown Rice Cucumber Salad Sliced Watermelon <b>S:</b> WG Graham Crackers and Applesauce</p>	<p><b>17</b> <b>B:</b> WGR Pancakes and Diced Pineapple with Turkey Sausage Patty <b>L:</b> WW Ham and Cheese Wrap Sweet Potato Tots Fresh Strawberries <b>S:</b> Goldfish and Fresh Sliced Pears</p>	<p><b>18</b> <b>B:</b> Yogurt Cups with Bananas and WGR Granola <b>L:</b> Fish Sticks with WG Cheddar Biscuit Cali Blend Mixed Veg Fresh Berry Mix <b>S:</b> WGR Oatmeal Ball and Fresh Green Apples</p>	
	<p><b>21</b> <b>B:</b> WGR Cereal and Sliced Red Apples <b>L:</b> Vegetarian Tofu Biryani with WGR Brown Rice Roasted Squash Medley Fresh Blueberries <b>S:</b> WGR Tortilla Chips with Guacamole</p>	<p><b>22</b> <b>B:</b> WGR Biscuit with Turkey Sausage Patty and Diced Mangos <b>L:</b> Ground Turkey Taco on WGR Tortilla Steamed Mixed Vegetables Diced Pineapple <b>S:</b> WG Pretzels and Sliced Pears</p>	<p><b>23</b> <b>B:</b> WGR Cereal and Sliced Peaches <b>L:</b> Sweet and Sour WGR Chicken with WGR Chow Mien Noodles Sauteed Cabbage Fresh Cantaloupe <b>S:</b> WG Blueberry Muffins and Fresh Orange Slices</p>	<p><b>24</b> <b>B:</b> WGR Cream of Wheat and Fresh Strawberries <b>L:</b> Beef and Pork Meatballs with WGR Pasta Steamed Green Beans Fresh Blackberries <b>S:</b> WGR Wheat Thins and Mozzarella Cheese Sticks</p>	<p><b>CDC Closed</b> <b>for Parent</b> <b>Conferences</b></p>	
	<p><b>28</b> <b>B:</b> WGR Cereal and Diced Mangos <b>L:</b> Cheese Enchiladas with WGR Corn Tortillas Cali Mixed Veggies Fresh Blueberries <b>S:</b> WG Raisin Bread and Sun Butter Sandwich</p>	<p><b>29</b> <b>B:</b> WGR Biscuits and Sliced Pears <b>L:</b> Chicken Fajitas with Peppers &amp; Onions on WW Tortillas Fiesta Corn Fresh Honey Dew Melon <b>S:</b> WG Graham Crackers and Yogurt</p>	<p><b>30</b> <b>B:</b> WGR Cereal and Pineapple <b>L:</b> Meat Sauce with WW Spaghetti Steamed Green Beans Sliced Peaches <b>S:</b> WG Animal Crackers and Fresh Orange Slices</p>	<p><b>31</b> <b>B:</b> WGR Pancakes with Warm Cinnamon Apples <b>L:</b> WGR Popcorn Chicken with Mac and Cheese Steamed Broccoli Blackberries <b>S:</b> WG Pumpkin Muffins and Cream Cheese</p>		

WW=Whole Wheat, WG=Whole Grain, WGR=Whole Grain Rich Milk is served for breakfast and lunch. Water is offered during every meal.