

October 2020

St. John the Baptist

USDA Daily Requirements K thru 8
Protein 1.5 oz. per, Fruits 4oz, Vegetables 6oz, Whole Grains 1 serving

5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
French Toast Sticks	Taco		chicken fingers	Pizza
french toast Sticks Bacon manderian oranges	hard shelled beef taco Spanish rice applesauce		3 chicken fingers mac and cheese pineapple tidbits	Cheese Pizza or Bosco Sticks Carrots Manderian oranges
12-Oct	13-Oct	14-Oct	15-Oct	
Pancakes	Three Way		chicken nuggets	Pizza
pancakes & syrup Gogurt Stick manderian oranges	Cincy chili with pasta & cheese oyster crackers applesauce		5 chicken nuggets French Fries pineapple tidbits	Cheese Pizza or Bosco Sticks Carrots Manderian oranges
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
Waffles	cheeseburger		chicken fingers	Pizza
Waffles with syrup Sausage Links manderian oranges	cheeseburger French fries applesauce		3 chicken fingers mac and cheese pineapple tidbits	Cheese Pizza or Bosco Sticks Carrots Manderian oranges
25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
French Toast Sticks	Spaghetti & Meatballs		chicken nuggets	Pizza
french toast Sticks Bacon manderian oranges	spaghetti & meatballs garlic bread applesauce		5 chicken nuggets French Fries pineapple tidbits	Cheese Pizza or Bosco Sticks Carrots Manderian oranges