

October BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Apple * (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Blueberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Banana * (1 c) Milk (8oz)
9	10	11	12	13
Pancake (2 oz) Turkey Sausage (1 oz) Guava & Pineapple (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Banana * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Peaches (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Apple * (1 c) Milk (8oz)
16	17	18	19	20
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Watermelon * (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Banana * (1 c) Milk (8oz)
23	24	25	26	27
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Watermelon * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Guava & Pineapple (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Peaches (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	NO SCHOOL
30	31			
NO SCHOOL	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)			

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Harrisburg Dairy, PA

October LUNCH MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Baked Chicken (2 oz) Parsley Potatoes (1/2 c) Broccoli (1/2 c) Guava & Pineapple (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Hawaiian Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Green Beans (3/4 c) Fresh Watermelon * (1 c) Milk (8 oz)	Pizza Sub Mozzarella Cheese (1.5 oz) Pepperoni (Beef) (.5 oz) Pizza Sauce (1/4 c) Whole Wheat Sub Roll (2 oz) Potato Wedges (3/4 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Chicken Tenders (2 oz) Brown Rice (yellowrecipe) (1 c) Sliced Carrots (1 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	Turkey Burger (2 oz) Baked Beans (Veggie) (1 c) Baked Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)
9	10	11	12	13
Chili Mac (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Baked Chicken (2 oz) Mashed Sweet Potatoes (1/2 c) Corn (1/2 c) Fresh Watermelon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Garlic Turkey Pasta (2 oz) Whole Grain Penne Pasta (1 c) Garlic Tomato Sauce (1/2 c) Broccoli (1/2 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	Sliced Turkey Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4c ea) with Italian Dressing (1.5 oz) Mandarin Orange Slices (1 c) Whole Grain Wheat Bread (2 slice) Milk (8 oz)	Chicken Patty Sandwich (2 oz) Lettuce & Tomato (1/4c ea) Curried Chick Peas (3/4 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)
16	17	18	19	20
Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (2 c) Whole Grain Croutons (1 c) Caesar Dressing (1 oz) Guava & Pineapple (1 c) Milk (8 oz)	Fajita Chicken (2 oz) Brown Rice (yellowrecipe) (1 c) Green Pepper & Onion (1/4c ea) Diced Tomato (1/4 c) Black Beans (1/4 c) Fresh Watermelon * (1 c) Milk (8 oz)	Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Broccoli (1/2 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	Pizza Sub Mozzarella Cheese (1.5 oz) Pepperoni (Beef) (.5 oz) Pizza Sauce (1/4 c) Whole Wheat Sub Roll (2 oz) Potato Wedges (3/4 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Hamburger (3 oz) Lettuce & Tomato (1/4c ea) Baked Beans (Veggie) (3/4 c) Baked Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)
23	24	25	26	27
Taco Bowl w/Ground Turkey (2 oz) Dice Tom & Tomato Sauce (1/4c ea) Iceberg Lettuce (1/4 c) Mexican Brown Rice (1 c) Black Bean & Corn Salsa (1/4c ea) Pineapple Chunks (1 c) Whole Grain Corn Tortilla (1.5 oz) Milk (8 oz)	Lemon Curry Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Sliced Carrots (3/4 c) Fresh Watermelon * (1 c) Milk (8 oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4c ea) with Italian Dressing (1/4 c) Fresh Cantaloupe * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8 oz)	Macaroni & Cheese(2 oz) (1 c) Whole Grain Penne Pasta (1 c) Green Peas (1 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	NO SCHOOL
30	31			
NO SCHOOL	Baked Chicken (2 oz) Parsley Potatoes (1/2 c) Broccoli (1/2 c) Fresh Honeydew melon * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)			

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Bowie Produce, Landover MD