

# The Children's Ark

## October 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 pineapple chunks in juice whole wheat pancake(s) - syrup 1% milk **  baked chicken pasta with whole grain rotini Italian veggie medley fresh leafy salad greenz' reduced calorie ranch 1% milk **  fresh <i>seasonal</i> / apple 1% milk	2 <i>fresh baked w.g.</i> biscuit - jelly applesauce 1% milk **  turkey corny dog, or breaded fish "school" with whole grain breading bbq white beans steamed broccoli cuts 1% milk **  cheddar goldfish 1% milk
5 whole grain cereal "the flaky one" fresh <i>seasonal</i> / apple 1% milk **  beef burger patty whole wheat burger bun baked tater wedge steamed carrot coins ketchup 1% milk **  chilled diced pears in juice 1% milk	6 whole wheat bread-margarine mandarin oranges in juice 1% milk **  grilled cheese quesadilla Spanish-style brown rice seasoned black beans fresh cucumber slices reduced calorie ranch 1% milk **  fresh-cut <i>seasonal</i> / melon 1% milk	7 <i>w.g.</i> peach n' yogurt muffin pineapple tidbits in juice 1% milk **  chicken breast nuggets with whole grain breading sweet potatoes buttered cut corn ketchup 1% milk **  fresh banana 1% milk	8 whole grain English muffin-jelly <i>seasonally sourced</i> / fresh orange 1% milk **  classic red meatsauce & whole-grain spaghetti steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **  crunchy cheese crackers 1% milk	9 <i>w.w.</i> french toast & syrup sliced apples in juice 1% milk **  turkey breast n' cheese on whole grain 'white' bread green pea pasta salad mixed fruit in juice light mayonnaise 1% milk **  vanilla pudding & grahams 100% juice
12 wheat raisin bagel - jelly diced peaches in light syrup 1% milk **  "sloppy Joe" beef whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk **  fresh <i>seasonal</i> / apple 1% milk	13 <i>seasonally sourced</i> fresh orange whole wheat roll & turkeyham 1% milk **  cheddar cheese & MAC with whole grain shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **  crunchy trail mix 100% juice	14 <i>w.g.</i> carrot spice muffin fresh banana 1% milk **  baked steak fritters with whole grain breading mashed potatoes steamed cut green beans ketchup 1% milk **  pineapple chunks in juice 1% milk	15 whole grain cereal "the Os" tropical fruit mix 1% milk **  Southern smothered chicken over whole grain noodles black-eyed peas steamed carrot coins watermelon squares 1% milk **  cucumber slices - light ranch 1% milk	16 whole grain waffle -syrup fresh-cut cantaloupe wedge 1% milk **  "Club Pita" - turkey, cheese, & "cured" turkey in a w.w. pocket chickpea, potato & cuke salad sliced pears in juice mustard 1% milk **  cheese squares & crackers 1% milk
19 toasted oats & raisins chilled pear halves 1% milk **  turkey frank, or sliced turkey in gravy whole wheat coney bun baked tater wedge, ketchup steamed mixed vegetables 1% milk **  fresh <i>seasonal</i> / apple 1% milk	20 <i>seasonally sourced</i> fresh orange whole grain English muffin-jelly 1% milk **  tex-mex taco beef whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley 1% milk **  cheddar goldfish 100% juice	21 <i>w.g.</i> real blueberry oat muffin pineapple tidbits in juice 1% milk **  baked BBQ chicken served chopped with mild bbq sauce whole grain "white" bread sweet potatoes steamed broccoli cuts 1% milk **  fresh-cut <i>seasonal</i> / melon 1% milk	22 applesauce whole wheat bread - jelly 1% milk **  beef meatballs Romana whole wheat breadstick steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **  cheese n' whole wheat roll 1% milk	23 french toast & syrup fresh banana 1% milk **  chicken "fried" brown rice with peas, carrots, and more.. mandarin oranges in juice fresh cucumber slices reduced calorie ranch 1% milk **  vanilla pudding & grahams 100% juice
26 whole wheat bagel-cream cheese diced apricots in light syrup 1% milk **  chicken ZOO crew with whole grain breading seasoned black beans steamed carrot coins ketchup 1% milk **  pineapple chunks in juice 1% milk	27 whole grain cereal "the Os" <i>seasonally sourced</i> / fresh orange 1% milk **  beef burger patty whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, & ketchup 1% milk **  fresh <i>seasonal</i> / apple 1% milk	28 <i>w.g.</i> pineapple "crumb" muffin diced pears in juice 1% milk **  cheddar cheese & MAC with whole grain "elbows" steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **  fresh banana 1% milk	29 fresh-cut cantaloupe wedge whole grain cereal "squares" 1% milk **  homestyle meatloaf in a light tomato brown gravy whole grain cornbread mashed potatoes steamed cut green beans 1% milk **  mozzarella cheese stick 100% juice	30 whole grain waffle -syrup sliced apples in juice 1% milk **  turkey breast n' cheese on <i>fresh baked</i> whole wheat roll mixed fruit in juice broccoli ranch salad light mayonnaise 1% milk **  crunchy trail mix 1% milk



committed to providing  
freshness, variety,  
and good nutrition  
on a daily basis



lean meats  
chicken breast meat  
\*  
only fresh or frozen  
veggies  
\*  
fresh or natural juice  
fruit  
\*  
always whole grains



all food  
produced  
in a TDA  
inspected  
kitchen



"always  
BAKED,  
never  
fried"



this menu contains:  
no pork  
or pork products  
no peanuts  
or peanut products



Notes: