

Breakfast



October 2018 - West Jordan

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--|--|---|---|------------------------------------|
| Menu #1 | 1 Bagels* w/ Jam Strawberry Yogurt Fruit Cocktail Milk | 2 Pancakes Pears Milk | 3 BreakFast Burrito w/ Sausage, Eggs & Chs Oranges Milk | 4 English Muffins* Scrambled Eggs Applesauce Milk | 5 Hot Oatmeal* Bananas Milk |
| Menu #2 | 8 Waffles Pears Milk | 9 French Toast* Strawberries Milk | 10 Hash Browns w/ Eggs & Toast* Milk | 11 Muffins Peaches Milk | 12 Hot Oatmeal* Bananas Milk |
| Menu #1 | 15 Bagels* w/ Jam Strawberry Yogurt Fruit Cocktail Milk | 16 Pancakes Pears Milk | 17 BreakFast Burrito w/ Sausage, Eggs & Chs Oranges Milk | 18 English Muffins* Scrambled Eggs Applesauce Milk | 19 Hot Oatmeal* Bananas Milk |
| Menu #2 | 22 Waffles Pears Milk | 23 French Toast* Strawberries Milk | 24 Hash Browns w/ Eggs & Toast* Milk | 25 Muffins Peaches Milk | 26 Hot Oatmeal* Bananas Milk |
| Menu #1 | 29 Bagels* w/ Jam Strawberry Yogurt Fruit Cocktail Milk | 30 Pancakes Pears Milk | 31 BreakFast Burrito w/ Sausage, Eggs & Chs Oranges Milk | | |

Lunch

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--|--|---|---|---|
| Menu #3 | 1 Turkey Wrap w/ Lettuce & Cheese Carrots Grapes Milk | 2 Spaghetti w/Meat Green Beans Pears Bread* w/ Butter Milk | 3 Grilled Cheese Sandwich* Tomato Soup Apple Slices Milk | 4 Fish Sticks Cottage Cheese Peas Pineapple Milk | 5 Ham & Corn Chowder w/ Potatoes Saltines Pineapple Milk |
| Menu #4 | 8 Chicken & Rice* Casserole Green Beans Pineapple Milk | 9 Corndog Baked Beans Tater Tots Pineapple Milk | 10 Chicken Enchilada Casserole Corn Fruit Cocktail Milk | 11 Turkey & Cheese Sandwich* Carrots & Celery Mandarin Oranges Milk | 12 Taco Salad w/ Beans & Cheese Tortilla Chips Fruit Cocktail Milk |
| Menu #1 | 15 Cheeseburger French Fries Pickles Grapes Milk | 16 Meatballs Rice* Mixed Vegetables Pineapple Milk | 17 Ham Fried Rice* w/ Eggs Corn Fruit Cocktail Milk | 18 Sloppy Joes w/ Cheese Tater Tots Pears Milk | 19 Baked Chicken Mashed Potatoes Carrots & Apples Bread* w/ Butter Milk |
| Menu #2 | 22 Roast Beef Sandwich* w/ Cheese Baked Beans Pickles & Celery Oranges Milk | 23 Hot Dog w/ Bun Tater Tots Carrots & Celery Apples Milk | 24 Chili Corn Peaches Saltine Crackers Milk | 25 Meat, Gravy and Mashed Potatoes Mixed Vegetables Peaches Bread* w/Butter Milk | 26 Soft Taco w/Meat Cheese & Lettuce Corn Pears Milk |
| Menu #3 | 29 Macaroni & Cheese w/ Hotdogs Peas Pineapple Milk | 30 Grilled Cheese Sandwich* Tomato Soup Apple Slices Milk | 31 Spaghetti w/Meat Green Beans Pears Bread* w/ Butter Milk | | |

Snack

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|-------------------------------------|--------------------------------|-----------------------------------|-----------------------------|----------------------------|
| Menu #1 | 1 Goldfish Crackers Fruit Juice | 2 Nachos w/ beans & cheese | 3 String Cheese Ritz Crackers | 4 Trail Mix Fruit Juice | 5 Muffins Banana |
| Menu #2 | 8 Graham Crackers Applesauce | 9 Pretzels Oranges | 10 Fruit Salad w/ Yogurt | 11 Cheez-its Apples | 12 Ritz Crackers Banana |
| Menu #1 | 15 Goldfish Crackers Fruit Juice | 16 Nachos w/ beans & cheese | 17 String Cheese Ritz Crackers | 18 Trail Mix Fruit Juice | 19 Muffins Banana |
| Menu #2 | 22 Graham Crackers Applesauce | 23 Pretzels Oranges | 24 Fruit Salad w/ Yogurt | 25 Cheez-its Apples | 26 Ritz Crackers Banana |
| | 29 Goldfish Crackers Fruit Juice | 30 Nachos w/ beans & cheese | 31 String Cheese Ritz Crackers | | |



*Denotes Whole Grain Rich daily serving approved by Utah CACFP

