

COON RAPIDS OCTOBER 2019








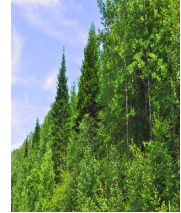
Monday

Tuesday

Wednesday

Thursday

Friday

		1 CHEESY ROTINI (WG), GREEN BEANS, PEARS	2 TURKEY W/ NOODLES (WG), ASSORTED VEGETABLES, FRESH APPLE SOFT APPLE SLICES	WILD DAY!! 3 FISH NUGGETS W/ CHEESE AND TARTAR ON BUN (WG), PEAS, FRESH ORANGE MANDARIN	Apple Orchard Preschoolers 4 ROASTED CHICK PEA SALAD, BREADSTICK (WG) SPLIT PEA SOUP WITH CARROTS , FRESH BANANA
	7 CHARBROILED BEEF PATTY W/ KETCHUP ON BUN (WG), CORN, GREEN BEANS, PEACHES	8 TURKEY WILD RICE HOTDISH, CAULIFLOWER/BROCCOLI, PEARS	BRING IN A LEAF! 9 CHILITO WRAP ON TORTILLA (WG), FRESH APPLE CHICKEN FLORENTINE, BREADSTICK (WG), SOFT APPLE SLICES	10 CHICKEN ALA KING, BUTTERMILK BISCUITS, FRESH ORANGE MANDARIN	11 CHICKEN FAJITA ON TORTILLA (WG), CHOPPED ROMAINE & ICEBERG W/ BEET & DRESSING ASSORTED VEGETABLES , FRESH PEAR
	14 BAKED CHICKEN NUGGETS (WG), CARROTS, PEARS	15 TURKEY FETTUCCINI, GREEN BEANS, PINEAPPLE TIDBITS PEACHES	WACKY DAY!! 16 TURKEY SLOPPY JOE ON BUN (WG), PEAS, FRESH ORANGE MANDARIN	17 ITALIAN SPAGHETTI (WG), CAULIFLOWER/BROCCOLI, FRESH APPLE SOFT APPLE SLICES	VIKINGS DAY! 18 CHICKEN TERIYAKI OVER BROWN RICE (WG), CHOPPED ICEBERG & ROMAINE WITH BEETS AND DRESSING CARROTS , FRESH BANANA
	21 TURKEY CHILI W/ BEANS *, BREADSTICK (WG) SLOPPY SLAW ON BUN (WG) , APPLE CRISP	22 BRUNCH BAR * W/ CHEESE ON BUN (WG), CORN, CHICKEN PARMESAN ON BUN (WG) , GREEN BEANS, PEARS	PAJAMA DAY! 23 SOUTHWEST CHICKEN VEGGIE WRAP ON TORTILLA (WG), WEE SHELLS & TURKEY, PEAS, PEACHES	24 CHICKEN SPAGHETTI (WG), ASSORTED VEGETABLES, FRESH APPLE SOFT APPLE SLICES	25 TACO ON TORTILLA (WG), CHOPPED ROMAINE & ICEBERG W/ BEETS & DRESSING PEAS , FRESH PEARS
	HAT DAY!! 28 STIR FRY CHICKEN W CABBAGE OVER BROWN RICE (WG), PINEAPPLE TIDBITS PEACHES	29 TURKEY VEGETABLE SOUP, CHEESE SANDWICH (WG), PEAR	30 BBQ CHICKEN ON BUN (WG), CAULIFLOWER/BROCCOLI, FRESH APPLE SOFT APPLE SLICES	CRAZY SOCKS DAY!! 31 ITALIAN CABBAGE CRUNCH ON BUN (WG), FRESH ORANGE MANDARIN	

MILK SERVED WITH EACH MEAL (Whole Milk for children under age 2; 1% for all other children)

RED FONT = TODDLER ALT

(WG) = WHOLE GRAIN

* = CONTAINS PORK