

# INVER GROVE HEIGHTS OCTOBER 2019




Monday

Tuesday

Wednesday

Thursday

Friday

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

MILK SERVED WITH EACH MEAL

RED FONT = TODDLER ALT (WG) = WHOLE GRAIN

\* = CONTAINS PORK