



Chappell Schools Week of: October 1 -5, 2018

	Child Meal Pattern Food Components:	MONDAY 10/01/18	TUESDAY 10/02/18	WEDNESDAY 10/03/18	THURSDAY 10/04/18	FRIDAY 10/05/18
BREAKFAST	Milk		1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk
	Vegetable/Fruit/Juice	Raspberries	Peaches	Tropical Fruit	Bananas	Apple Slices
	Grains/Bread	Frosted Mini Wheat Cereal	Cheese Biscuit	Waffles w/ syrup	Bagel w/ cream cheese	Croissant w/ butter
LUNCH	Milk		1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk
	Meat/Meat Alternative	Cheeseburger Macaroni	Stroganoff w/ Turkey Crumbles *	Chicken Quesadillas	Meatballs w/tomato sauce	Turkey Slices
	Vegetable/Fruit	Green Beans	Broccoli	Corn	Salad w/ tomatoes	Sweet Potato Fries
	Vegetable/Fruit	Applesauce	Tropical Fruit	Mixed Fruit	Mangos	Pears
	Grains/Bread	Whole Grain Elbow Noodles	Whole Grain Noodles	Whole Grain Tortilla	Whole Grain Bun	Whole Grain Toasted Bread
SNACK	Milk Meat/Meat Alternative Vegetable/Fruit	Mixed Fruit Cup	Carrots w/ Ranch Dressing	Cheese Cubes	Grapes	Mandarin Oranges
	Grains/Bread	Graham Crackers	Wheat Thin Crackers	Ritz Crackers	Whole Grain Sun Chips	Yogurt Chex Mix



Chappell Schools Week of: October 8 -12, 2018

BREAKFAST	Child Meal Pattern Food Components:	MONDAY 10/08/18	TUESDAY 10/09/18	WEDNESDAY 10/10/18	THURSDAY 10/11/18	FRIDAY 10/12/18
	Milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk
	Vegetable/Fruit/Juice	Applesauce	Tropical Fruit	Mandarin Oranges	Strawberries	Banana
	Grains/Bread	Sausage Biscuit	Pancakes w/ syrup	Oatmeal	Croissant w/ butter	Multigrain Cheerios
LUNCH	Milk					
	Meat/Meat Alternative	Turkey Corn Dogs	Chicken Nuggets	Turkey crumbles with taco seasoning	Chicken w/ Rice and Cheese	Black Beans
	Vegetable/Fruit	Pineapple	Peas	Salad w/ Tomatoes	Broccoli	Corn
	Vegetable/Fruit	Baked Beans	Mashed Potato	Peaches	Mangos	Mixed Fruit
	Grains/Bread	Whole Grain Dinner Roll	Whole Grain Dinner Roll	Whole Grain Tortilla	Whole Grain Rice	Whole Grain Rice
SNACK	Milk Meat/Meat Alternative Vegetable/Fruit	Mixed Fruit Cup	Pears	Apple Slices	Orange Slices	100% Apple Juice
	Grains/Bread	Soft Pretzels	Chex Mix	Wheat Thin Crackers	Turkey on soft whole grain tortilla	Pita Chips



Chappell Schools

Week of: October 15 – 19, 2018

BREAKFAST	Child Meal Pattern Food Components:	MONDAY 10/15/18	TUESDAY 10/16/18	WEDNESDAY 10/17/18	THURSDAY 10/18/18	FRIDAY 10/19/18
	Milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk
Vegetable/Fruit/Juice	Tropical Fruit	Mandarin Oranges	Peaches	Bananas	Strawberries	
Grains/Bread	Multigrain Cheerios Cereal	Pancakes w/ syrup	Oatmeal	Plain Bagel w/ Cream Cheese	Raisin Toast w/ butter	
LUNCH	Milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk
	Meat/Meat Alternative	Turkey Slices	Spaghetti w/ meat sauce	Diced Chicken w/Alfredo Sauce*	Grilled Cheese Sandwich	Cheese Pizza
	Vegetable/Fruit	Applesauce	Salad with tomatoes	Broccoli	Green Beans	Mixed Vegetables
	Vegetable/Fruit	Sweet Potato Fries	Pears	Mango	Mixed Fruit	Peaches
	Grains/Bread	Whole Grain Tortilla Shell	Whole Grain Spaghetti Noodles	Whole Grain Linguine	Whole Grain Bread	Whole Grain Crust
SNACK	Milk Meat/Meat Alternative Vegetable/Fruit	Yogurt	Apple Sauce	Orange Slices	Cheese Cubes	Grapes
	Grains/Bread	Pretzels	Yogurt Chex Mix	Ritz Cheese Round Sandwich Crackers	Wheat Thins Crackers	Whole Grain Sun Chips



Chappell Schools

Week of: October 22 – 26, 2018

	Child Meal Pattern Food Components:	MONDAY 10/22/18	TUESDAY 10/23/18	WEDNESDAY 10/24/18	THURSDAY 10/25/18	FRIDAY 10/26/18
BREAKFAST	Milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk
	Vegetable/Fruit/Juice	Tropical Fruit	Pineapple	Pears	Blueberries	Strawberries
	Grains/Bread	Multigrain Cheerios Cereal	Cheese Biscuit	Turkey Sausage, Grits	Banana Bread	French Toast w/ syrup
	Milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk
LUNCH	Meat/Meat Alternative	Hamburger Pattie	Chicken Nuggets	Baked Chicken	Turkey Crumbles w/cheese	Diced Teriyaki Chicken
	Vegetable/Fruit	Broccoli	Mashed Potato	Lima Beans	Peas	Stir Fry Vegetables
	Vegetable/Fruit	Apple Sauce	Mixed Vegetables	Peaches	Mangos	Mandarin Oranges
	Grains/Bread	Whole Grain Hamburger Bun	Whole Grain Dinner Roll	Whole Grain Rice	Whole Grain Elbow Noodles	Whole Grain Noodles
SNACK	Milk Meat/Meat Alternative Vegetable/Fruit	Mixed Fruit Cup	Spaghetti Sauce and Mozzarella Cheese	Orange Slices	Apple Slices	Yogurt
	Grains/Bread	Blueberry Bread	Whole Grain English Muffin	Chex Mix	Wheat Thin Crackers	Soft Pretzels



Chappell Schools Week of: October 29 – November 2, 2018

	Child Meal Pattern Food Components:	MONDAY 10/29/18	TUESDAY 10/30/18	WEDNESDAY 10/31/18	THURSDAY 11/01/18	FRIDAY 11/02/18
BREAKFAST	Milk		1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk
	Vegetable/Fruit/Juice	Strawberries	Peaches	Tropical Fruit	Bananas	Apple Slices
	Grains/Bread	Multigrain Cheerios	Cheese Biscuit	Waffles w/ syrup	Bagel w/ cream cheese	Croissant w/ butter
LUNCH	Milk		1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk	1year old whole Milk 2-5 1% milk
	Meat/Meat Alternative	Chicken Quesadillas	Stroganoff w/ Turkey Crumbles *	Turkey Corn Dogs	Meatballs w/tomato sauce	Beef Stew*
	Vegetable/Fruit	Corn	Broccoli	Baked Beans	Salad w/ tomatoes	Carrots
	Vegetable/Fruit	Mixed Fruit	Tropical Fruit	Pineapple	Mangos	Oven Baked Potatoes
	Grains/Bread	Whole Grain Tortilla	Whole Grain Noodles	Whole Grain Dinner Roll	Whole Grain Bun	Whole Grain Dinner Roll
SNACK	Milk Meat/Meat Alternative Vegetable/Fruit	Mixed Fruit Cup	Carrots w/ Ranch Dressing	Cheese Cubes	Grapes	Mandarin Oranges
	Grains/Bread	Graham Crackers	Wheat Thin Crackers	Ritz Crackers	Whole Grain Sun Chips	Yogurt Chex Mix