



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 Chicken Slider Sandwich -1 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	2 Mac & Cheese - 4 oz Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	3 Grilled Cheese - 1 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	4 Sunbutter & Jelly - 1 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	5 No School
8 No School	9 Baked Chicken Nuggets -4 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	10 Mini Slider Burger - 1 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	11 Cheese Stuffed Bosco Sticks - 2 each w. Marinara Sauce Veggies- 1/4 cup Fruit- 1/4 cup Milk-1 cup	12 Turkey Sandwich - 1 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup
15 Sunbutter & Jelly - 1 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	16 Chicken Taco - (1 Soft Shell Tortilla + 2 oz meat) Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	17 Chicken Slider Sandwich - 1 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	18 No School	19 No School
22 Cheese Stuffed Bosco Sticks - 2 each w. Marinara Sauce Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	23 Mac & Cheese - 4 oz Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	24 Chicken Tenders -2 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	25 Ham Sandwich - 1 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	26 Mini Slider Burger - 1 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup
29 Pasta w. Marinara - 4 oz Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	30 Turkey Sandwich - 1 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup	31 Baked Chicken Nuggets -4 each Veggies- 1/4 cup Fruit- 1/4 cup Milk- 1 cup		

Note:
~100% Fruit Juice
IS considered a
Fruit component

PUMPKIN
Fun Facts:

~Pumpkins are a
FRUIT that
originated in
Central America

~Illinois grows
more pumpkins
that any other
state in the
country

