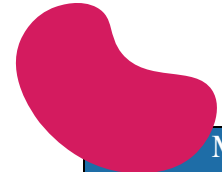


Auntie Rose's
AFTERSCHOOL MEALS SUPPER
OCTOBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	1-Macaroni & Cheese (3/4c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	2 - Shepherd Pie 2" x 3 3/4" serving with Ground Beef (2oz) Mashed Potatoes in entree (1/2c) Steamed Carrots (1/4c) Roll (1) Margarine or butter (1) Milk (8oz)	3 – Ham or Smoked Sausage in Red Beans (1c) Rice (1/2c) Steamed Corn (1/4c) Milk (8oz)	4- Sliced Turkey (2.26oz) Cheese Slice (1) Baby Carrots or Celery Sticks (1/2c) Fresh Fruit (1 piece) WGR Bun (1) or Bread (2) Milk (8oz)
7-Hot Dog (2oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1) Ketchup/Mustard (1) Milk (8oz)	8 – Spaghetti & Meat Sauce (1c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	9 – Sloppy Joe (beef or turkey 3oz) Mashed Potato (1/2c) Steamed Carrots(1/4c) WGR Bun (1) Milk (8oz)	10 – Ham or Smoked Sausage in Red Beans (1c) Rice (1/2c) Steamed Corn (1/4c) Milk (8oz)	11- Sliced Bologna (1.5oz) Cheese Slice (1) Baby Carrots or Celery Sticks (1/2c) Fresh Fruit (1 piece) WGR Bun (1) or Bread (2) Milk (8oz)
14-Hot Dog (2oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1) Ketchup/Mustard (1) Milk (8oz)	15 – Beefaroni (3/4c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	16 – Meatballs in sauce (4) Mashed Potato (1/2c) Steamed Carrots (1/4c) Roll (1) Margarine or butter (1) Milk (8oz)	17– BBQ Chicken Drumstick (4oz) Seasoned Black Beans & Rice (1c) Steamed Corn (1/4c) Milk (8oz)	18- Sliced Ham (1.83oz) Cheese Slice (1) Baby Carrots or Celery Sticks (1/2c) Fresh Fruit (1 piece) WGR Bun (1) or Bread (2) Milk (8oz)
21 – Sloppy Joe (beef or turkey 3oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1) Milk (8oz)	22 – Macaroni & Cheese (3/4c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	23 - Shepherd Pie 2" x 3 3/4" serving with Ground Beef (2oz) Mashed Potatoes in entree (1/2c) Steamed Carrots (1/4c) Roll (1) Margarine or butter (1) Milk (8oz)	24 – Ham or Smoked Sausage in Red Beans (1c) Rice (1/2c) Steamed Corn (1/4c) Milk (8oz)	25- Sliced Turkey (2.26oz) Cheese Slice (1) Baby Carrots or Celery Sticks (1/2c) Fresh Fruit (1 piece) WGR Bun (1) or Bread (2) Milk (8oz)
28-Hot Dog (2oz) Oven Potato Wedges (1/2c) Steamed Green Beans (1/4c) WGR Bun (1) Ketchup/Mustard (1) Milk (8oz)	29 – Spaghetti & Meat Sauce (1c) Steamed Peas (1/2c) Apple Sauce (1/4c) Milk (8oz)	30 – Sloppy Joe (beef or turkey 3oz) Mashed Potato (1/2c) Steamed Carrots(1/4c) WGR Bun (1) Milk (8oz)	31 – Ham or Smoked Sausage in Red Beans (1c) Rice (1/2c) Steamed Corn (1/4c) Milk (8oz)	Serving Utensils: 3oz – ivory handle 4oz (1/2c) – green handle 6oz (3/4c) – purple handle 8oz (1c) – blue handle

Auntie Rose's
AFTERSCHOOL MEALS SNACK
OCTOBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	1 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	2 IW Cheese Stick (1oz) Tortilla Chips (1oz)	3 IW WGR Goldfish Crackers (.75oz) 100% Fruit Juice (6oz)	4 IW WGR Goldfish Crackers (.75oz) Yogurt (4oz)
7 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	8 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	9 IW WGR Pretzels (.8oz) Yogurt (4oz)	10 IW WGR Graham or Animal Crackers (1oz) 100% Fruit Juice (6oz)	11 IW Cheese Stick (1oz) Tortilla Chips (1oz)
14 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	15 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	16 IW Cheese Stick (1oz) Tortilla Chips (1oz)	17 IW WGR Graham or Animal Crackers (1oz) 100% Fruit Juice (6oz)	18 IW WGR Goldfish Crackers (.75oz) Yogurt (4oz)
21 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	22 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	23 IW Cheese Stick (1oz) Tortilla Chips (1oz)	24 IW WGR Goldfish Crackers (.75oz) 100% Fruit Juice (6oz)	25 IW WGR Goldfish Crackers (.75oz) Yogurt (4oz)
28 IW WGR Savory Crackers (.8oz) 100% Fruit Juice (6oz)	29 IW WGR Muffin (2oz) 100% Fruit Juice (6oz)	30 IW WGR Pretzels (.8oz) Yogurt (4oz)	31 IW WGR Graham or Animal Crackers (1oz) 100% Fruit Juice (6oz)	IW = Individually Wrapped

