









Palm Beach County Food Bank
AFTERSCHOOL MEALS HOT SUPPER
OCTOBER MENU

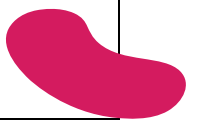
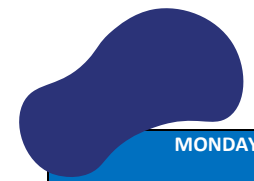


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	1-WG Breaded Chicken Tenders (3) Oven Potato Fries  Tater Tots (1/2c) Steamed Carrots (1/4c) Honey Mustard  BBQ Sauce (1) Milk (8oz)	2-Cheeseburger (3oz) Baked Beans (1/2c) Steamed Corn (1/4c) WGR Bun (1) Ketchup (1) Milk (8oz)	3-Chicken & Vegetables in Gravy (1c) Vegetables in entree (1/2c) Fresh Fruit (1 piece) WGR Biscuit (1) Milk (8oz)	4-Beef Meatloaf (3oz) Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)
7-Cheeseburger Macaroni (3/4c) Steamed Green Beans(1/2c) Fresh Fruit (1 piece) WGR Pasta in Entrée (1/2c) Milk (8oz)	8-WG Breaded Fish Sticks (4) Oven Potato Fries  Tater Tots (1/2c) Steamed Carrots (1/4c) Tartar Sauce (1) Milk (8oz)	9-Beef/Chicken Meatballs (4) in Tomato Sauce Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll(1) Butter or Margarine (1) Milk (8oz)	10-WG Breaded Mini Beef Corndogs (6) Steamed Corn (1/2c) Fresh Fruit (1 piece) Ketchup (1) Milk (8oz)	11-Fajita Chicken Strips (3oz) Seasoned Black Beans (1/2c) Fresh Fruit (1 piece) Seasoned Rice (1/2c) Milk (8oz)
14-WG Breaded Chicken Patty (3oz) on WGR Bun (1) Oven Potato Fries  Tater Tots (1/2c) Steamed Carrots (1/4c) Honey Mustard  BBQ Sauce (1) Ketchup (1) Milk (8oz)	15-Cheese Lasagna Roll-up (3.5oz) with Beef or Turkey Meat Sauce (1/4c) Steamed Green Beans (1/2c) Fresh Fruit (1 piece) WGR Pasta in Entrée (1/2c) Milk (8oz)	16-Beef Hot Dog (2oz) Baked Beans (1/2c) Fresh Fruit (1 piece) WGR Bun (1) Ketchup (1) Milk (8oz)	17-Beef/Chicken Meatballs (4) in Tomato Sauce Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)	18-Taco Seasoned Shredded Beef (2.5oz) Seasoned Black Beans (1/2c) Steamed Corn (1/4c) Seasoned Rice (1/2c) Milk (8oz)
21-Beefaroni Pasta (3/4c) Steamed Green Beans(1/2c) Fresh Fruit (1 piece) WGR Pasta in Entrée (1/2c) Milk (8oz)	22-WG Breaded Chicken Tenders (3) Oven Potato Fries  Tater Tots (1/2c) Steamed Carrots (1/4c) Honey Mustard  BBQ Sauce (1) Milk (8oz)	23-Cheeseburger (3oz) Baked Beans (1/2c) Steamed Corn (1/4c) WGR Bun (1) Ketchup (1) Milk (8oz)	24-Chicken & Vegetables in Gravy (1c) Vegetables in entree (1/2c) Fresh Fruit (1 piece) WGR Biscuit (1) Milk (8oz)	25-Beef Meatloaf (3oz) Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)
28-Cheeseburger Macaroni (3/4c) Steamed Green Beans(1/2c) Fresh Fruit (1 piece) WGR Pasta in Entrée (1/2c) Milk (8oz)	29-WG Breaded Fish Sticks (4) Oven Potato Fries  Tater Tots (1/2c) Steamed Carrots (1/4c) Tartar Sauce (1) Milk (8oz)	30-Beef/Chicken Meatballs (4) in Tomato Sauce Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)	31-WG Breaded Mini Beef Corndogs (6) Steamed Corn (1/2c) Fresh Fruit (1 piece) Ketchup (1) Milk (8oz)	1-Fajita Chicken Strips (3oz) Seasoned Black Beans (1/2c) Fresh Fruit (1 piece) Seasoned Rice (1/2c) Milk (8oz)

Palm Beach County Food Bank
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	<u>1</u> Fresh Apple (1) WGR Tortilla Chips (1oz)	<u>2</u> 100% Juice (3/4c) WGR Muffin (2oz)	<u>3</u> Cheese Stick (1oz) WGR Pretzels (.8oz)	<u>4</u> 100% Juice (3/4c) WGR Graham or Animal Crackers (1oz)
<u>7</u> 100% Juice (3/4c) WGR Chex Snack Mix (1.5oz)	<u>8</u> Fresh Apple (1) WGR Cheddar Goldfish (.75oz)	<u>9</u> 100% Juice (3/4c) WGR Muffin (2oz)	<u>10</u> Cheese Stick (1oz) WGR Tortilla Chips (1oz)	<u>11</u> 100% Juice (3/4c) WGR Graham or Animal Crackers (1oz)
<u>14</u> 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	<u>15</u> Fresh Apple (1) WGR Tortilla Chips (1oz)	<u>16</u> 100% Juice (3/4c) WGR Muffin (2oz)	<u>17</u> Cheese Stick (1oz) WGR Pretzels (.8oz)	<u>18</u> 100% Juice (3/4c) WGR Chex Snack Mix (1.5oz)
<u>21</u> 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	<u>22</u> Fresh Apple (1) WGR Tortilla Chips (1oz)	<u>23</u> 100% Juice (3/4c) WGR Muffin (2oz)	<u>24</u> Cheese Stick (1oz) WGR Pretzels (.8oz)	<u>25</u> 100% Juice (3/4c) WGR Graham or Animal Crackers (1oz)
<u>28</u> 100% Juice (3/4c) WGR Chex Snack Mix (1.5oz)	<u>29</u> Fresh Apple (1) WGR Cheddar Goldfish (.75oz)	<u>30</u> 100% Juice (3/4c) WGR Muffin (2oz)	<u>31</u> Cheese Stick (1oz) WGR Tortilla Chips (1oz)	<u>1</u> 100% Juice (3/4c) WGR Graham or Animal Crackers (1oz)



Palm Beach County Food Bank
AFTERSCHOOL MEALS COLD 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-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread (2) Milk (8oz)	2-Turkey-Ham & Cheese (3oz) Mayonnaise & Mustard Packet (1) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1 piece) WGR Bun (1) Milk (8oz)	3-Mild Buffalo Seasoned Chicken (3oz) and Shredded Cheese (.5oz) in WGR Tortilla or Wrap (1) Mixed Green Salad (1c) Salad Dressing (1) Fresh Fruit (1 piece) Milk (8oz)	4-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Mandarins (1/4c) WGR Bread (2) or Bun (1) Milk (8oz)
7-Tuna Salad (3oz) Celery Sticks (1/4c) Baby Carrots (1/4c) Dressing/Dip Fresh Fruit (1 piece) WGR Savory Crackers (.8oz-1oz) Milk (8oz)	8-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Carrot, Raisin, Pineapple Salad (1/2c) Mixed Fruit (1/4c) WGR Bread (2) Milk (8oz)	9-Turkey-Ham & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Fresh Fruit (1 piece) WGR Bun (1) Milk (8oz)	10-Ranch Seasoned Chicken (3oz) and Shredded Cheese (.5oz) in WGR Tortilla or Wrap (1) Mixed Green Salad (1c) Salad Dressing (1) Fresh Fruit (1 piece) Milk (8oz)	11-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mandarins (1/4c) WGR Bread (2) or Bun (1) Milk (8oz)
14-Egg Salad (3oz) Celery Sticks (1/4c) Baby Carrots (1/4c) Dressing/Dip Fresh Fruit (1 piece) WGR Savory Crackers (.8oz-1oz) Milk (8oz)	15-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Mixed Fruit (1/4c) WGR Bread (1) Milk (8oz)	16-Turkey-Ham & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1 piece) WGR Bun (1) Milk (8oz)	17-Fajita Seasoned Chicken (3oz) and Shredded Cheese (.5oz) in WGR Tortilla or Wrap (1) Mixed Green Salad (1c) Salad Dressing (1) Fresh Fruit (1 piece) Milk (8oz)	18-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Carrot, Raisin, Pineapple Salad (1/2c) Mandarins (1/4c) WGR Bread or Bun (1) Milk (8oz)
21-Chicken Salad (3oz) Celery Sticks (1/4c) Baby Carrots (1/4c) Dressing/Dip Fresh Fruit (1 piece) WGR Savory Crackers (.8oz-1oz) Milk (8oz)	22-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread (2) Milk (8oz)	23-Turkey-Ham & Cheese (3oz) Mayonnaise & Mustard Packet (1) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1 piece) WGR Bun (1) Milk (8oz)	24-Mild Buffalo Seasoned Chicken (3oz) and Shredded Cheese (.5oz) in WGR Tortilla or Wrap (1) Mixed Green Salad (1c) Salad Dressing (1) Fresh Fruit (1 piece) Milk (8oz)	25-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Mandarins (1/4c) WGR Bread (2) or Bun (1) Milk (8oz)
28-Tuna Salad (3oz) Celery Sticks (1/4c) Baby Carrots (1/4c) Dressing/Dip Fresh Fruit (1 piece) WGR Savory Crackers (.8oz-1oz) Milk (8oz)	29-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Carrot, Raisin, Pineapple Salad (1/2c) Mixed Fruit (1/4c) WGR Bread (2) Milk (8oz)	30-Turkey-Ham & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Fresh Fruit (1 piece) WGR Bun (1) Milk (8oz)	31-Ranch Seasoned Chicken (3oz) and Shredded Cheese (.5oz) in WGR Tortilla or Wrap (1) Mixed Green Salad (1c) Salad Dressing (1) Fresh Fruit (1 piece) Milk (8oz)	1-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mandarins (1/4c) WGR Bread (2) or Bun (1) Milk (8oz)

