

Quality Culinary
AFTERSCHOOL MEALS HOT SUPPER
OCTOBER MENU

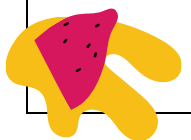


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	1-Taco Beef or Turkey (2oz) Cheese (0.5oz) Mixed Green Salad (1c) Salad Dressing (1) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk 8oz	2-Chicken and Rice (1c) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Rice in entrée (1/2c) Milk 8oz	3-Beefaroni (3/4c) Green Peas (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Pasta in entrée (12c) Milk 8oz	4-Beef, Turkey or Chicken Hot Dog (2.75oz) Corn (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk 8oz
7-Chicken Nuggets (5) Ketchup or Mustard (1) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Bread (1)	8-Sloppy Joe (3oz) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Bun (1) Milk 8oz	9-Breaded Fish (3.6oz) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Bread (1) Milk 8oz	10-Spaghetti and Meat Sauce (1c) Green Peas (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	11-Arroz con Pollo (1c) Corn (1/2c) Fresh Fruit (1/4c) WGR Rice in entrée (1/2c) Milk 8oz
14-Baked Chicken (3oz) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Rice (1/2c) Milk 8oz	15-Macaroni & Cheese (2/3c) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Pasta in entre (1/2c) Milk 8oz	16-Chicken (2oz) Cheese (0.5oz) Mixed Green Salad (1c) Salad Dressing (1) Fresh Fruit (1/4c) WGR Tortilla (1) Milk 8oz	17-Beef or Turkey Shepherds Pie (1c) Mashed Potato in entrée (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Bread (1) Milk 8oz	18-Beef, Turkey or Chicken Hot Dog (2.75oz) Corn (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk 8oz
21-Chicken Alfredo Pasta (1c) Peas & Carrots (1/2c) Pears or Peaches (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	22-Beef or Turkey Chili (3oz) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Rice (1/2c) Milk 8oz	23-Baked Ziti Pasta (1c) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	24-Adobo Baked Chicken (3oz) Green Peas (1/2c) Pineapple or Mandaring Oranges (1/4c) WGR Rice (1/2c) Milk 8oz	25-Beef, Turkey or Chicken Hot Dog (2.75oz) Corn (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk 8oz
28-Macaroni & Cheese (2/3c) Peas and Carrots (1/2c) Pears or Peaches (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	29-Chicken Patty (3oz) Vegetable Medley (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Bun (1) Milk 8oz	30-Picadillo (3oz) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Rice (1/2c) Milk 8oz	31-Baked Chicken Marinara (1c) Green Peas (1/2c) Pineapple or Mandarin Oranges (1/4c) WGR Pasta in entrée (1/2c) Milk 8oz	

Quality Culinary
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 IW= Individually Wrapped	1-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	2-IW WGR Graham Crackers (1oz) Yogurt (4oz)	3-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	4-IW WGR Animal Crackers (1oz) Milk 8oz
7-IW WGR Muffin (2oz) Milk 8oz	8-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	9-IW WGR Pita Chips or Pretzels (0.8oz) Cheese Stick (1oz)	10-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	11-IW WGR Animal or Graham Crackers (1oz) Milk 8oz
14-IW WGR Muffin (2oz) Milk 8oz	15-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	16-IW WGR Graham Crackers (1oz) Yogurt (4oz)	17-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	18-IW WGR Animal Crackers (1oz) Milk 8oz
21-IW WGR Muffin (2oz) Milk 8oz	22-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	23-IW WGR Pita Chips or Pretzels (0.8oz) Cheese Stick (1oz)	24-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	25-IW WGR Animal or Graham Crackers (1oz) Milk 8oz
28-IW WGR Muffin (2oz) Milk 8oz 3	29-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	30-IW WGR Pita Chips or Pretzels (0.8oz) Cheese Stick (1oz)	31-IW WGR Crackers (0.8oz) 100% Fruit Juice (6oz) or Apple (1)	



Quality Culinary
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-Turkey (2oz) Cheese (1oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	2-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (0.5oz) Carrot/Celery Slims (1/2c) Dip (1) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)	3-Beef Bologna (2oz) Cheese (1oz) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Bread (2) Milk (8oz)	4-Sliced Chicken (2oz) Cheese (1oz) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
7-Beef Bologna (2oz) Cheese (1oz) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Bread (2) Milk (8oz)	8-Turkey Breast (2oz) Cheese (1oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	9-Tuna Macaroni Salad (3/4c) Carrot/Celery Slims (1/2c) Dip (1) Fresh Fruit (1/4c) WGR Macaroni in Salad (1/2c) Milk (8oz)	10-Turkey Breast (2oz) Cheese (1oz) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Bread (2) Milk (8oz)	11-Sliced Chicken (2oz) Cheese (1oz) Carrot, Raisin, Pineapple Salad (1/2c) WGR Bun (1) Milk (8oz)
14-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (0.5oz) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Bun (1) Milk (8oz)	15-Buffalo Chicken Wrap (2.5oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	16 Turkey (2oz) Cheese (1oz) Carrot/Celery Slims (1/2c) Dip (1) Mandarin Oranges or Cinnamon Apples (1/4c) WGR Tortilla (1) Milk (8oz)	17-Tuna Macaroni Salad (3/4c) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Macaroni in Salad (1/2c) Milk (8oz)	18-Sliced Chicken (2oz) Cheese (1oz) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
21-Tuna Salad (3oz) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches(1/4c) WGR Bun (1) Milk (8oz)	22-Turkey (2oz) Cheese (1oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	23-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (0.5oz) Carrot/Celery Slims (1/2c) Dip (1) Fresh Fruit (1/4c)	24-Beef Bologna (2oz) Cheese (1oz) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Bread (2) Milk (8oz)	25-Sliced Chicken (2oz) Cheese (1oz) Carrot, Raisin, Pineapple Salad (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
28-Tuna Macaroni Salad (3/4c) Carrot/Celery Slims (1/2c) Dip (1) Pears or Peaches (1/4c) WGR Macaroni in Salad (1/2c) Milk (8oz)	29-Turkey (2oz) Cheese (1oz) Coleslaw (1/2c) Applesauce or Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	30-Turkey (2oz) Beef/Turkey Pepperoni or Beef/Turkey Salami (0.5oz) Cheese (0.5oz) Carrot/Celery Slims (1/2c) Dip (1) Fresh Fruit (1/4c)	31-Beef Bologna (2oz) Cheese (1oz) Broccoli Florets (1/2c) Dip (1) Pineapple or Mandarin Oranges (1/4c) WGR Bread (2) Milk (8oz)	

