EZ Meals
AFTERSCHOOL MEALS HOT SUPPER
OCTOBER MENU

FLIPANY
Empowering communities to thrive
Nutrition Education | Fun Fitness | Healthy Meals

Milk: Ages 2-5 serve 1%/0% Unflavored
Ages 6-18 serve 1%/0% Unflavored or Flavored

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE CHILDREN'S TRUST	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES		1-Pasta with Meat Sauce (3/4c) Mixed Vegetables (1/2c) Mandarins (1/4c) WGR Roll (1) Milk (8oz)	2-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Baby Carrots (1/2c) Dip (1) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
5-Taco Seasoned Chicken (2oz) Lettuce-Tomato (1/2c) Congri (1/2c) Fresh Fruit (1) Tortilla (1) Milk (8oz)	6-Chicken Alfredo (3/4c) Mixed Green Salad (1c) Dressing (1) Mixed Fruit (1/4c) WGR Roll or Bread (1) Milk (8oz)	7-Cheeseburger (3oz) Ketchup/Mustard (1) Corn (1/2c) Pears (1/4c) WGR Bun (1) Milk (8oz)	8-Chicken Strips (2oz) Green Beans (1/2c) Mandarins (1/4c) Rice (1/2c) Milk (8oz)	9-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Coleslaw (1/2c) Applesauce (1/4c) WGR Bread or Bun (1) Milk (8oz)
12-Salisbury Steak (3oz) Green Beans (1/2c) Fresh Fruit (1) WGR Rice (1/2c) Milk (8oz)	13-Grilled Chicken (2oz) Mashed Potato (1/2c) Peas & Carrots (1/4c) WGR Roll (1) Milk (8oz	14-Hamburger (3oz) Ketchup/Mustard (1) Corn (1/2c) Pears (1/4c) WGR Bun (1) Milk (8oz)	15-Pasta with Meat Sauce (3/4c) Baby Carrots (1/2c) Mandarins (1/4c) WGR Bread (1) Milk (8oz)	16-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Black Bean Salad (1/2c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
19-Meat Lasagna (3/4c) Mixed Green Salad (1c) Salad Dressing (1) Fresh Fruit (1) WGR Roll (1) Milk (8oz)	20-Chicken Nuggets (6) Mixed Vegetables (1/2c) Mixed Fruit (1/4c) WGR Macaroni & Cheese (1/2c) Milk (8oz)	21-BBQ Pulled Chicken (3oz) Peas (1/2c) Pears (1/4c) WGR Rice (1/2c) Milk (8oz)	22-Chicken Patty (3oz) Mayonnaise (1) Coleslaw (1/2c) Mandarins (1/4c) WGR Bun (1) Milk (8oz)	23-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
26-Chicken Nuggets (6) Carrots (1/2c) Fresh Fruit (1) WGR Roll (1) Milk (8oz)	27-Picadillo (3oz) Green Beans (1/2c) Mixed Fruit (1/4c) WGR Rice (1/2c) Milk (8oz)	28-Chicken Patty (3oz) Mayonnaise (1) Corn (1/2c) Pears (1/4c) WGR Bun (1) Milk (8oz)	29-Pasta with Meat Sauce (3/4c) Mixed Vegetables (1/2c) Mandarins (1/4c) WGR Roll (1) Milk (8oz)	30- Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Baby Carrots (1/2c) Dip (1) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)

EZ Meals
AFTERSCHOOL MEALS SNACK
OCTOBER MENU

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THE CHILDREN'S TRUST	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES		1-Fresh Apple (1) WGR Pretzels (.8oz)	2-100% Juice (3/4c) WGR Graham Crackers (1oz)
5-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	6-Cheese Stick (1oz) WGR Pretzels (.8oz)	7-100% Juice (3/4c) WGR Muffin (2oz)	8-Fresh Apple (1) WGR Cheese Crackers (1oz)	9-100% Juice (3/4c) WGR Animal Crackers (1oz)
12-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	13-Cheese Stick (1oz) WGR Graham Crackers (1oz)	14-100% Juice (3/4c) WGR Muffin (2oz)	15-Fresh Apple (1) WGR Pretzels (.8oz)	16-100% Juice (3/4c) WGR Animal Crackers (1oz)
19-100% Juice (3/4c) WGR Graham Crackers (1oz)	20-Cheese Stick (1oz) WGR Pretzels (.8oz)	21-100% Juice (3/4c) WGR Muffin (2oz)	22-Fresh Apple (1) WGR Cheese Crackers (1oz)	23-100% Juice (3/4c) WGR Tortilla Chips (1oz)
26-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	27-Cheese Stick (1oz) WGR Animal Cracker (1oz)	28-100% Juice (3/4c) WGR Muffin (2oz)	29- Fresh Apple (1) WGR Pretzels (.8oz)	30-100% Juice (3/4c) WGR Graham Crackers (1oz)

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THE CHILDREN'S TRUST	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES		1-Grilled Chicken (2oz) *In pasta salad* Celery Sticks or Sliced Cucumber (1/2c) Dressing/Dip Mandarins (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)	2-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Baby Carrots (1/2c) Dip (1) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
5- Tuna Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip Pineapple (1/4c) WGR Roll (1) Milk (8oz)	6-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Mixed Fruit (1/4c) WGR Bread or Bun (1) Milk (8oz) Milk (8oz)	7-Chicken Salad (3oz) Mixed Green Salad (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)	8-Turkey & Cheese (2.5oz) *In pasta salad* Baby Carrots (1/2c) Dressing/Dip (1) Mandarins (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)	9-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Coleslaw (1/2c) Applesauce (1/4c) WGR Bread or Bun (1) Milk (8oz)
12-Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip (1) Pineapple (1/4c) WGR Roll (1) Milk (8oz)	13-Ham & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread or Bun (1) Milk (8oz)	14-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Baby Carrots (1/2c) Dressing/Dip (1) Pears (1/4c) WGR Bread or Bun (1) Milk (8oz)	15- Grilled Chicken (2oz) *In pasta salad* Celery Sticks or Sliced Cucumber (1/2c) Dressing/Dip Mandarins (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)	16-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Black Bean Salad (1/2c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
19-Sliced Turkey (2oz) Cheese Stick (1oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing /Dip (1) Pineapple (1/4c) WGR Roll (1) Milk (8oz)	20-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread or Bun (1) Milk (8oz)	21-Chicken Salad (3oz) Mixed Green Salad (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)	22-Turkey & Cheese (2.5oz) *In pasta salad* Celery Sticks or Sliced Cucumber (1/2c) Dressing/Dip (1) Mandarins (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)	23-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
26-Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing /Dip (1) Pineapple (1/4c) WGR Roll (1) Milk (8oz)	27-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread or Bun (1) Milk (8oz)	28-Ham & Cheese (3oz) Potato Salad (2/3c) Pears (1/4c) WGR Bread or Bun (1) Milk (8oz)	29-Grilled Chicken (2oz) *In pasta salad* Celery Sticks or Sliced Cucumber (1/2c) Dressing/Dip Mandarins (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)	30- Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Baby Carrots (1/2c) Dip (1) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)