Palm Beach County Food Bank
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
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES			1-Black Bean, Cheese and Salsa Casserole (1c) In entree:Black Beans (2oz) Cheese (1oz), Salsa (2oz) Sweet Potato (1/4c) Brown Rice (1/2c) On the side: Corn (1/2c) Milk (8oz)	2-Beefaroni Pasta (3/4c) Steamed Green Beans(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Pasta in Entrée (1/2c) Milk (8oz)
5- Veggie Burger (3oz) Oven Potato Fries or Tater Tots (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Ketchup (1) Milk (8oz)	6-Beef/Chicken Meatballs (4) Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)	7-WG Breaded Chicken Cutlet with Marinara and Mozzarella Cheese (2.5oz) Mixed Vegetables (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Milk (8oz)	8-Chicken (2oz) in sauce with peas (1/4c) Steamed Carrots (1/2c) WGR Biscuit (1) Butter or Margarine (1) Milk (8oz)	9-Taco Seasoned Beef or Chicken (2.5oz) Seasoned Black Beans (1/2c) Steamed Corn (1/4c) Seasoned Rice (1/2c) Milk (8oz)
12-WG Breaded Chicken Patty (3oz) on WGR Bun (1) Oven Potato Fries or Tater Tots (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Ketchup (1) Milk (8oz)	13-Beef and Cheese Burrito (5oz) Black Beans (1/2c) Corn (1/4c) Tortilla in entrée (1) Milk (8oz)	14-WG Breaded Chicken Nuggets (3.5oz) Mixed Vegetables (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Honey Mustard or BBQ Sauce (1) Milk (8oz)	15-Beef Meatloaf (3oz) Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)	16-Macaroni and Cheese (3/4c) Steamed Green Beans(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Pasta in Entrée (1/2c) Milk (8oz)
19-Hamburger (3oz) on WGR Bun (1) Oven Potato Fries or Tater Tots (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Ketchup (1) Milk (8oz	20-WG Breaded Chicken Tenders (3) Steamed Carrots (1/2c) Mashed Potato (1/4c) Honey Mustard or BBQ Sauce (1) Ketchup (1) Milk (8oz)	21-WG Breaded Mini Corn Dogs (6) Baked Beans (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Ketchup (1) Milk (8oz)	22-Black Bean, Cheese and Salsa Casserole (1c) In entree:Black Beans (2oz) Cheese (1oz), Salsa (2oz) Sweet Potato (1/4c) Brown Rice (1/2c) On the side: Corn (1/2c) Milk (8oz)	23-Beefaroni Pasta (3/4c) Steamed Green Beans(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Pasta in Entrée (1/2c) Milk (8oz)
26- Veggie Burger (3oz) Oven Potato Fries or Tater Tots (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Ketchup (1) Milk (8oz)	27-Beef/Chicken Meatballs (4) Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)	28-WG Breaded Chicken Cutlet with Marinara and Mozzarella Cheese (2.5oz) Mixed Vegetables (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Milk (8oz)	29-Chicken (2oz) in sauce with peas (1/4c) Steamed Carrots (1/2c) WGR Biscuit (1) Butter or Margarine (1) Milk (8oz)	30-Taco Seasoned Beef or Chicken (2.5oz) Seasoned Black Beans (1/2c) Steamed Corn (1/4c) Seasoned Rice (1/2c) Milk (8oz)

Palm Beach County Food Bank

AFTERSCHOOL MEALS SNACK

OCTOBER MENU

FLIPANY®
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THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES			1-Fresh Apple (1) WGR Cheezit Crackers (.8oz)	2-100% Juice (3/4c) WGR Tortilla Chips (1oz)
5-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	6-Fresh Whole Apple (1) WGR Animal Crackers (1oz)	7-100% Juice (3/4c) WGR Baked Cheetos (1oz)	8-Fresh Whole Apple (1) WGR Graham Crackers (1oz)	9-100% Juice (3/4c) WGR Tortilla Chips (1oz)
12-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	13-Fresh Whole Apple (1) WGR Graham Crackers (1oz)	14-100% Juice (3/4c) WGR Pretzels (1oz)	15-Fresh Whole Apple (1) WGR Animal Crackers (1oz)	16-100% Juice (3/4c) WGR Tortilla Chips (1oz)
19-100% Juice (3/4c) WGR Graham Crackers (1oz)	20-Fresh Whole Apple (1) WGR Sun Chips (1oz)	21-100% Juice (3/4c) WGR Animal Crackers (1oz)	22-Fresh Apple (1) WGR Cheezit Crackers (.8oz)	23-100% Juice (3/4c) WGR Tortilla Chips (1oz)
26-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	27-Fresh Whole Apple (1) WGR Animal Crackers (1oz)	28-100% Juice (3/4c) WGR Baked Cheetos (1oz)	29-Fresh Whole Apple (1) WGR Graham Crackers (1oz)	30-100% Juice (3/4c) WGR Tortilla Chips (1oz)

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THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES			1-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz	2-Hummus (2.5oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)
5-Chicken Salad (3oz) Carrot Sticks (1/4c) Celery Sticks (1/4c) Dressing/Dip Fresh Fruit (1) or Fruit Cup (4oz) WGR Veggie Crackers (1oz) Milk (8oz)	6-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bread (2) Milk (8oz)	7-Taco Salad with Black Beans 2oz and Cheese (.5 oz) Mixed Greens (1 c) Corn & Tomato (1/2 c) Ranch Dressing (1) WGR Tortilla Strips (.75oz) Milk (8oz)	8-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz)	9-Tuna Salad (2.5 oz) and Cheese (.5oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)
12-Hummus (2.5oz) Carrot Sticks (1/4c) Celery Sticks (1/4c) Dressing/Dip Fresh Fruit (1) or Fruit Cup (4oz) WGR Veggie Crackers (1oz) Milk (8oz)	13-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bread (2) Milk (8oz)	14-Chef's Salad of HB Egg (1) and Cheese (.5 oz) with Mixed Greens (1c) Tomato & Cucumber (¼ c) WGR Croutons (.8-1 oz) Dressing (1) Milk (8oz)	15-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz	16-Egg Salad (3oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz
19-Tuna Salad (3oz) Carrot Sticks (1/4c) Celery Sticks (1/4c) Dressing/Dip Fresh Fruit (1) or Fruit Cup (4oz) WGR Veggie Crackers (1oz) Milk (8oz)	20-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bread (2) Milk (8oz)	21-Mediterranean Salad of Garbanzo Beans 2oz and Feta (.5 oz) Mixed Greens (1 c) Tomato & Cucumber (¼ c) Italian Dressing (1) WGR Croutons (.8-1 oz) Milk (8oz)	22-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz	23-Hummus (2.5oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)
26-Chicken Salad (3oz) Carrot Sticks (1/4c) Celery Sticks (1/4c) Dressing/Dip Fresh Fruit (1) or Fruit Cup (4oz) WGR Veggie Crackers (1oz) Milk (8oz)	27-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bread (2) Milk (8oz)	28-Taco Salad with Black Beans 2oz and Cheese (.5 oz) Mixed Greens (1 c) Corn & Tomato (1/2 c) Ranch Dressing (1) WGR Tortilla Strips (.75oz) Milk (8oz)	29-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz)	30-Tuna Salad (2.5 oz) and Cheese (.5oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)