Quality Culinary
AFTERSCHOOL MEALS HOT SUPPER
OCTOBER MENU

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

Milk: Ages 2-5 serve whole, 2%, 1% or fat free unflavored milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES			1-Spaghetti and Meat Sauce (1c) Steamed Corn (1/2c) Applesauce (1/4c) Pasta in entre (1/2c) Milk 8oz	2- Teriyaki Seasoned Chicken Breast (2oz) Steamed Carrots (1/2c) Fruit Cocktail (1/4c) Seasoned Rice (1/2c) Milk 8oz
5-Macaroni and Cheese (3/4c) Steamed Green Beans (1/2c) Peaches (1/4c) Milk 8oz	6-Breaded Chicken Tenders (3) or Breaded Chicken Nuggets (5) Oven Potato Fries or Tater Tots (1/2c) Fresh Fruit (1 piece) Ketchup (1) Milk 8oz	7-Hamburger (3oz) Baked Beans (1/2c) Pineapple (1/4c) Bun (1) Ketchup (1) Milk 8oz	8-Beef/Chicken Meatballs in Sauce (4) Corn (1/2c) Applesauce (1/4c) Seasoned Rice (1/2c) Milk 8oz	9-BBQ Chicken Breast (2oz) Steamed Carrots (1/2c) Fruit Cocktail (1/4c) Dinner Roll (1) Milk 8oz
12-Chicken Alfredo Pasta (3/4c) Steamed Green Beans (1/2c) Peaches (1/4c) Pasta in entre (1/2c) Milk 8oz	13-Breaded Chicken Marinara (3.5oz) Mashed Potato (1/2c) Fresh Fruit (1 piece) Dinner Roll (1) Milk 8oz	14-Fajita Seasoned Chicken Breast (2oz) Seasoned Black Beans (1/2c) 100% Fruit Juice (4-6oz) Seasoned Rice (1/2c) Milk 8oz	15-Breaded Chicken Patty (3oz) Oven Potato Fries or Tater Tots (1/2c) Applesauce (1/4c) Bun (1) Ketchup (1) Milk 8oz	16- Beef/Chicken Meatballs in Sauce (4) Corn (1/2c) Fruit Cocktail (1/4c) Dinner Roll (1) Milk 8oz
19-Beefaroni Pasta in Tomato Sauce (3/4c) Steamed Green Beans (1/2c) Peaches (1/4c) Pasta in entre (1/2c) Milk 8oz	20--Breaded Chicken Tenders (3) or Breaded Chicken Nuggets (5) Oven Potato Fries or Tater Tots (1/2c) Fresh Fruit (1 piece) Ketchup (1) Milk 8oz	21-Taco Seasoned Ground Turkey or Chicken (2oz) Seasoned Black Beans (1/2c) 100% Fruit Juice (4-6oz) Tortilla (1) Milk 8oz	22-BBQ Chicken Breast (2oz) Steamed Carrots (1/2c) Applesauce (1/4c) Dinner Roll (1) Milk 8oz	23-Hamburger (3oz) Baked Beans (1/2c) Fruit Cocktail (1/4c) Bun (1) Ketchup (1) Milk 8oz
26-Beef/Chicken Meatballs in Sauce (4) Steamed Green Beans (1/2c) Peaches (1/4c) Dinner Roll (1) Milk 8oz	27-Breaded Mini-Corn Dogs (6) or Breaded Corn Dog (4oz) Baked Beans (1/2c) Fresh Fruit (1 piece) Ketchup (1) Milk 8oz	28-Breaded Chicken Patty (3oz) Oven Potato Fries or Tater Tots (1/2c) Mandarin Oranges (1/4c) Bun (1) Ketchup (1) Milk 8oz	29-Spaghetti and Meat Sauce (1c) Steamed Corn (1/2c) Applesauce (1/4c) Pasta in entre (1/2c) Milk 8oz	30- Teriyaki Seasoned Chicken Breast (2oz) Steamed Carrots (1/2c) Fruit Cocktail (1/4c) Seasoned Rice (1/2c) Milk 8oz

Quality Culinary
AFTERSCHOOL MEALS SNACK
OCTOBER MENU

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

Quality Culinary
AFTERSCHOOL MEALS COLD SUPPER
OCTOBER MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES			1-Sandwich-Sliced Chicken & Cheese (3oz) Mayonnaise/Mustard (1) Coleslaw(1/2c) Applesauce (1/4C) Bread (2) Milk 8oz	2-Bunwich-Tuna Salad (3oz) Celery Sticks (1/2c) Dressing/Dip (1) Fruit Cocktail (1/4C) Bun (1) Milk 8oz
5-Egg Salad Scoop (3oz) Baby Carrots (1/2c) Dressing/Dip (1) Peaches (1/4c) Dinner Roll (1) Butter/Margarine (1) Milk 8oz	6-Sandwich-Sliced Chicken & Cheese (3oz) Mayonnaise/Mustard (1) Coleslaw (1/2c) Fresh Fruit (1 piece) Bread (2) Milk 8oz	7-Mediterranean Salad Garbanzo Beans (2oz) Shredded Cheese (.5oz) Mixed Green Salad (1c) Salad Dressing (1) Sliced Cucumber (1/4c) Dinner Roll (1) Milk 8oz	8-Sandwich-Sliced Turkey & Cheese (3oz) Mayonnaise/Mustard (1) Potato Salad (1/2c) Applesauce (1/4c) Bread (2) Milk 8oz	9-Bunwich-Chicken Salad (3oz) Celery Sticks (1/2c) Dressing/Dip (1) Fruit Cocktail (1/4C) Bun (1) Milk 8oz
12-Cheese Cubes (2.5oz) Baby Carrots (1/2c) Dressing/Dip (1) Peaches (1/4c) Pasta Salad (3/4c) Milk 8oz	13-Sandwich-Sliced Turkey & Cheese (3oz) Mayonnaise/Mustard (1) Potato Salad (1/2c) Fresh Fruit (1 piece) Bread (2) Milk 8oz	14-Fiesta Salad Seasoned Black Beans (2oz) Shredded Cheese (.5oz) Mixed Green Salad (1c) Salad Dressing (1) Grape/Cherry Tomato (1/4c) Tortilla Chips Pack (1oz) Milk 8oz	15-Sandwich-Sliced Chicken & Cheese (3oz) Mayonnaise/Mustard (1) Coleslaw(1/2c) Applesauce (1/4C) Bread (2) Milk 8oz	16-Bunwich-Egg Salad (3oz) Celery Sticks (1/2c) Dressing/Dip (1) Fruit Cocktail (1/4C) Bun (1) Milk 8oz
19-Sandwich-Sliced Turkey & Cheese (3oz) Mayonnaise/Mustard (1) Potato Salad (1/2c) Peaches (1/4c) Bread (2) Milk 8oz	20-Cheese Cubes (2.5oz) Baby Carrots (1/2c) Dressing/Dip (1) Fresh Fruit (1 piece) Pasta Salad (3/4c) Milk 8oz	21-Taco Salad Seasoned Ground Turkey or Chicken (2oz) Shredded Cheese (.5oz) Mixed Green Salad (1c) Salad Dressing (1) Grape/Cherry Tomato (1/4c) Tortilla Chips Pack (1oz) Milk 8oz	22-Bunwich-Tuna Salad (3oz) Celery Sticks (1/2c) Dressing/Dip (1) Applesauce (1/4C) Bun (1) Milk 8oz	23-Sandwich-Sliced Chicken & Cheese (3oz) Mayonnaise/Mustard (1) Coleslaw (1/2c) Fruit Cocktail (1/4C) Bread (2) Milk 8oz
26-Chicken Salad Scoop (3oz) Baby Carrots (1/2c) Dressing/Dip (1) Peaches (1/4c) Dinner Roll (1) Milk 8oz	27-Sandwich-Sliced Turkey & Cheese (3oz) Mayonnaise/Mustard (1) Potato Salad (1/2c) Fresh Fruit (1 piece) Bread (2) Milk 8oz	28-Chef Salad Hard Boiled Egg (1) Shredded Cheese (.5oz) Mixed Green Salad (1c) Salad Dressing (1) Grape/Cherry Tomato (1/4c) Dinner Roll (1) Milk 8oz	29-Sandwich-Sliced Chicken & Cheese (3oz) Mayonnaise/Mustard (1) Coleslaw(1/2c) Applesauce (1/4C) Bread (2) Milk 8oz	30-Bunwich-Tuna Salad (3oz) Celery Sticks (1/2c) Dressing/Dip (1) Fruit Cocktail (1/4C) Bun (1) Milk 8oz