



## October 2019

### Monthly Meal Planner

St Vivian		Monthly Meal Planner				
REVISED:						
9-5-2019	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	1	2	3	4		
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	CN Hot Dog Apple Baked Beans/Baby Carrots WG Hot Dog Bun Milk	CN Classic Meatloaf Berries Mashed Potatoes/Broccoli WG Bread Slice(s) Milk	Fall Break NO SCHOOL	Fall Break NO SCHOOL		
Week 2	7	8	9	10	11	
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	CN Hamburger w/ cheese Apple Sweet Potato Fries WG Hamburger Bun Milk	WG Mac-N-Cheese Orange Peas/Summer Squash WG Bread Slice(s) Milk	CN Beef Pepperoni Calzone Mixed Fruit Cucumber Slices WG Calzone Crust Milk	CN Chicken Fajita w/ cheese Banana Shredded Romaine/Corrn/Salsa WG Tortilla(s) Milk	CN Corn Dog Peaches Cooked Beans WG Cornmeal Breading Milk	
Week 3	14	15	16	17	18	
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	CN Chili Cheese Coney Apple Carrots WG Hot Dog Bun Milk	WG Popcorn Chicken Orange Cooked Beans/Zucchini WG Grahams Milk	WG Chicken Alfredo Berries Broccoli/Corn WG Garlic Bread Milk	CN Taco w/ cheese Banana Shredded Lettuce/Pepper Blend WG Tortillas Milk	In Service Day NO SCHOOL	
Week 4	21	22	23	24	25	
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	CN Hamburger w/ cheese Apple Sweet Potato Fries WG Hamburger Bun Milk	WG Chicken Nuggets Orange Corrn/Garden Salad WG Mini Cornbread Loaf Milk	WG Corn Dog Grapes Cooked Beans WG Cornmeal Breading Milk	Chicken Philly Sandwich w/ cheese Banana Pepper Blend WG Hot Dog Milk	CN Meatball Hoagie w/ cheese Peaches Broccoli WG Hot Dog Bun Milk	
Week 5	28	29	30	31		
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	CN Beef Hot Dog Apple Cooked Beans/Baby Carrots WG Hot Dog Bun Milk	CN Chicken Fajita w/ cheese Orange Corrn/Shredded Romaine/Salsa WG Tortilla(s) Milk	CN Breakfast Sausage Berries Side Wiinder Potatoes WG Pancakes Milk	WG Mac-N-Cheese Banana Romaine Salad/Tomatoes WG Bread Slice(s) Milk	Assorted Fruit can be: Dried Fruit -- raisins or craisins Fruit Cup (4 oz variety) Juice Box (4 oz variety) Fresh Fruit Variety	