



October 2022

Monthly Meal Planner

Schools	Monthly Meal Planner				
REVISED:	Monday	Tuesday	Wednesday	Thursday	Friday
9-9-2022					
Week 1	3	4	5	6	7
M/MA 1 - 2 oz eq	Burger w/ cheese	Corn Dog	Breakfast Sausage	Walking Taco w/ cheese	Cheesy Bread w/ Marinara
Fruit 1/2 - 1 c eq	Apple	Orange	Berries	Banana	Peaches
Veg 1/2 - 1 c eq	Fries	Vgtrn Baked Beans	Potatoes	Shredded Lettuce	Broccoli
Grains 1 - 2 oz eq	Hamburger Bun	Cornmeal Breading	Apple Cinnamon Texas Toast	Chips	Pizza Crust
Vgtrn Option	[Vgtrn Patty w/ cheese]	[Oven Baked Cheese Panini]	[Vgtrn Sausage]	[Vgtrn Beans & Rice w/ cheese]	[N/A]
Week 2	10	11	12	13	14
M/MA 1 - 2 oz eq	Beef Hot Dog	Breakfast Sausage	"Our" Mac-N-Cheese	Chicken Nuggets	The Max Cheese Pizza
Fruit 1/2 - 1 c eq	Apple	Berries	Pears	Banana	Melon
Veg 1/2 - 1 c eq	Vgtrn Baked Beans	Potatoes	Garden Salad	Corn	Cucumber Slices
Grains 1 - 2 oz eq	Hot Dog Bun	Pancakes	Bread Slice	Grahams	Pizza Crust
Vgtrn Option	[Vgtrn Meatball Hoagie w/ cheese]	[Vgtrn Sausage]	[N/A]	[Vgtrn Sub Nuggets]	[N/A]
Week 3	17	18	19	20	21
M/MA 1 - 2 oz eq	Burger w/ cheese	Chicken Alfredo	Chicken Fingers	Breakfast Sausage	French Bread Cheese Pizza
Fruit 1/2 - 1 c eq	Apple	Orange	Peaches	Banana	Mixed Fruit
Veg 1/2 - 1 c eq	Fries	Broccoli	Green Beans	Potatoes	Garden Salad
Grains 1 - 2 oz eq	Hamburger Bun	Bread Slice	Mini Cornbread Loaf	Waffles	Pizza Crust
Vgtrn Option	[Vgtrn Patty w/ cheese]	[Vgtrn Cheesy Alfredo]	[Vgtrn Sub Nuggets]	[Vgtrn Sausage]	[N/A]
Week 4	24	25	26	27	28
M/MA 1 - 2 oz eq	Beef Hot Dog	Popcorn Chicken	Breakfast Sausage	3-Way Chili Spaghetti w/ cheese	Tony's Cheese Pizza
Fruit 1/2 - 1 c eq	Apple	Pears	Berries	Banana	Melon
Veg 1/2 - 1 c eq	Vgtrn Baked Beans	Carrots	Potatoes	Garden Salad	Cucumber Slices
Grains 1 - 2 oz eq	Hot Dog Bun	Bread Slice	Apple Cinnamon Texas Toast	Bread Slice	Pizza Crust
Vgtrn Option	[Vgtrn Meatball Hoagie w/ cheese]	[Vgtrn Sub Nuggets]	[Vgtrn Sausage]	[Spaghetti Marinara w/ cheese]	[N/A]
Week 5	31				
M/MA 1 - 2 oz eq	Burger w/ cheese				
Fruit 1/2 - 1 c eq	Apple				
Veg 1/2 - 1 c eq	Fries				
Grains 1 - 2 oz eq	Hamburger Bun				
Vgtrn Option	[Vgtrn Patty w/ cheese]				

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"This institution is an equal opportunity provider."

*Subject to change without notice during this pandemic reintegration into the "new normal" of available food supplies.