

October

Corryville Catholic

USDA Daily Requirements K thru 8
Protein 1.5 oz. per, Fruits 4oz, Vegetables 6oz, Whole Grains 1 serving

This institution is an equal opportunity provider.

30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
Chicken Alfredo Boneless Chicken with Penne pasta in white cheese sauce Mixed Vegetables 4oz Fruit cup	French Toast Sticks 3 Cinnamon French toast Stick 6oz Tater Tots 2oz sausage links 4oz fruit cup	Boneless Chicken 3 Breaded Boneless Chicken 6oz Green Beans 4oz fruit cup	Corn Dog Mini Corn Dog Bites 6oz BBQ Bake Beans 4oz fruit cup	Pizza Pepperoni Cheese Pizza 2oz Carrots 4oz Broccoli 4oz fruit Cup
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Nachos Taco Meat, Black beans Nacho Chips, Cheddar Cheese 4oz fruit cup	Pancakes 3 Pancakes/ Syrup 6oz Tater Tots 2oz sausage links 4oz fruit cup	Chicken Sandwich 2oz Chicken Sandwich 6oz Green Beans 4oz fruit Cup	Cheeseburger 2oz Cheeseburger 6oz BBQ Bake Beans 4oz fruit Cup	Bread Sticks 2 WG Cheese Stuffed Bread Sticks & Tomato Dipping Sauce 2oz Carrots 4oz Broccoli 4oz fruit Cup
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
Grilled Cheese Grilled Cheese Sandwich 6oz Tomato Soup 4oz fruit cup	Mini Belgian Waffles Maple Mini Waffles 6oz Tater Tots 2oz sausage links 4oz fruit cup	Boneless Chicken 3 Breaded Boneless Chicken 6oz Green Beans 4oz fruit cup	Hot Dogs 2oz Turkey Hot Dogs 6oz BBQ Bake Beans 4oz fruit cup	Pizza Pepperoni Cheese Pizza 2oz Carrots 4oz Broccoli 4oz fruit Cup
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Soft Pretzel Bites Soft pretzel bites w/ 2oz Cheese Sauce 6oz Carrots 4oz fruit cup	Pancakes 3 Pancakes/ Syrup 6oz Tater Tots 2oz sausage links 4oz fruit cup	Chicken Sandwich 2oz Chicken Sandwich 6oz Green Beans 4oz fruit Cup	Chicken Quesadilla 2oz Chicken & Cheese Quesadilla 6oz BBQ Bake Beans 4oz fruit cup	Bread Sticks 2 WG Cheese Stuffed Bread Sticks & Tomato Dipping Sauce 2oz Carrots 4oz Broccoli 4oz fruit Cup
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
No School	French Toast Sticks 3 Cinnamon French toast Stick 6oz Tater Tots 2oz sausage links 4oz fruit cup	Boneless Chicken 3 Breaded Boneless Chicken 6oz Green Beans 4oz fruit cup	Three ways Cincy three ways With Beans and Crackers 4oz Fruit Cup	No School Teacher PD

Everyday Entrée available served with daily side and fruit option

bagel with cream cheese
Peanut Butter & Jelly Sandwich