



October 2024 Menu: Infant 6-11 Month

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>October 1-4</u>					
<u>Breakfast</u>		Scrambled Eggs with Cheese and Bacon Bits, WG English Muffin Apple	Waffle Hard Boiled Egg Berries	WG Turkey Sausage, and Cheese Breakfast Burrito Melon	WG Pumpkin Sheet Pan Pancake Plain Yogurt Pear
<u>Lunch</u>		WG Spaghetti with Beef Marinara Parmesan Cheese Cauliflower Delicata Squash	Tree Range Farm Stewed Chicken Breast Corn BBQ Pinto Beans Berries WG Garlic Breadstick	Sweet and Sour Tree Range Farm Chicken and Pork Meatball Brown Rice Soft Red Pepper Pineapple Delicata Squash	Fish Taco with WG Tortilla, Diced Tomato, White Cheddar, Salsa Avocado Assorted Fruit
<u>Snack</u>		Mini Cheddar Rice Cake or Puffs Soft Red Bell Pepper	Soft Pretzel Plum	Grapes Melon Apple Yogurt Toasty O's Cereal	Dill Havarti Cheese Cracker Avocado
<u>October 7-11</u>					
<u>Breakfast</u>	WG Bagel Cream Cheese Pork Sausage Patty Apple	Plain Yogurt mixed with Pumpkin Puree Toasty O's Cereal Berries	Scrambled Eggs with Cheese WG Toast with Butter Banana	Apple Cinnamon Oatmeal Hard Boiled Egg Cantaloupe	WG Pumpkin French Toast Bake Plain Yogurt Pear
<u>Lunch</u>	WG Tuna Melt Grape Roasted Zucchini	Tree Range Farm Indian Chicken Curry Naan Green Bean Sweet Potato	Roasted Chicken Thigh WG Dinner Roll Broccoli Watermelon	Cheese Pizza Golden Beets Cucumber	Ferndale Market Turkey Thigh WG Macaroni and Cheese Skillet Avocado Kiwi
<u>Snack</u>	Devilled Egg Melon Cracker	Strawberry, Banana, Mango, Spinach Smoothie Toasty O's Cereal	Cottage Cheese Local Cucumber WG Toast	WG Blueberry Muffin Berries	Mini Cinnamon Rice Cake or Puffs Apple
<u>October 14-18</u>					

- Beverages of milk (1% [over 2 years] and whole [under 2 years] and water will always be offered for meals and snacks.
- The menu is subject to change based on the availability of fresh ingredients.
- WG symbolizes Whole Grain products, containing at least 50% whole grains
- Breastmilk or Iron-fortified formula served at every breakfast and snack.



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Breakfast	Infant Rice or Oat Cereal or Toasty O's with Milk Apple	Plain Yogurt with Fresh Strawberry Puree WG Sun Butter Toast Berries	Pork Sausage and Cheese WG English Muffin Sandwich Banana		
Lunch	Sesame Glazed Chicken Thigh Brown Rice Edamame or Zucchini Broccoli	WG Macaroni and Cheese with Ground Beef Glazed Carrots Roasted Zucchini	Thai Inspired Poached Cod with Lemongrass, Ginger and Coconut Milk Brown Rice Roasted Sweet Potatoes Soft Red Bell Pepper	Kid Zone Closed for Professional Development Day	Kid Zone Closed for Professional Development Day
Snack	WG Pizza Bagel with Marinara, Mozzarella and Black Olives Berries	BBQ Chickpea Melon WG Garlic Bread	WG Pita Bread Garlicky Hummus		
<u>October 21-25</u>					
Breakfast	Cinnamon Raisin Oatmeal or Infant Rice/Oat Cereal Scrambled Eggs Pear	Turkey, Egg and Cheese Breakfast Burrito Melon	WG Sheetpan Buttermilk Blueberry Pancake Pork Sausage Banana	Plain Yogurt Toasty O's Cereal Berries	Cheesy Scrambled Eggs Waffle Apple
Lunch	WG Pesto Rotini Pasta Garlic Chicken Peas Spinach Rosemary Garlic Butternut Squash Fries	Tree Range Farm Zucchini Chicken Meatballs WG Flatbread Feta Sauce Cucumber Tomato	Glazed Salmon Fried Brown Rice Edamame or Peas Red Bell Pepper	WG Sun Butter and Strawberry Sauce Sandwich Hard Boiled Egg Cucumber Roasted Russet Potato Wedges	WG Turkey Cheeseburger BBQ Baked Beans Assorted Fruit
Snack	WG Pumpkin Muffin Pumpkin Puree	Toasty O's Cereal and Milk Berries	Dill Havarti Cheese Crackers Apple	Grapes Melon Apple WG Dinner Roll	Pizza Cracker: Cracker Mozzarella Cheese Tomato
<u>October 28-31</u>					
			Halloween		

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Lunch	BBQ Chicken Thigh WG Cornbread Glazed Carrots Grapes	WG Ferndale Market Turkey and Cheese Sandwich Beets Cucumber	WG Pumpkin Pancake Pork Sausage String Cheese Corn Strawberries		
Snack	Applesauce Graham Cracker	WG Pumpkin Dip Apple Cracker	Spoooky Devilled Egg (made with avocado) Toasty O's Cereal		

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