

RAINBOW'S END MENU- October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 M/MA: Chicken Pasta F/V 1: Peas F/V 2: Mandarin Oranges G/B: Noodles G/B: Cheez-its	3 M/MA: Pasta Salad F/V 1: Veggie Medley F/V 2: Pears G/B: Noodles G/B: Apples	4 M/MA: Chicken Noodle Soup F/V 1: Carrots F/V 2: Applesauce G/B: Wheat Crackers G/B: Breadstick & Marinara	5 M/MA: BBQ Turkey F/V 1: Green Beans F/V 2: Fruit Cocktail G/B: buns G/B: Crackers & Cheese Cubes	6 M/MA: Chicken Alfredo F/V 1: Broccoli F/V 2: Peaches G/B: Noodles G/B: Apple Strudel
9 M/MA: Chicken Tacos F/V 1: Broccoli F/V 2: Peaches G/B: Tortilla shells G/B: Muffins	10 M/MA: Chili F/V 1: Mix Vegetables F/V 2: Applesauce G/B: Roll M/MA: String Cheese	11 M/MA: Chicken Strips F/V 1: Carrots F/V 2: Pears G/B: Roll G/B: Vanilla Wafers	12 M/MA: Beef Stroganoff F/V 1: Green Beans F/V 2: Mandarin Oranges G/B: Noodles G/B: Oyster Crackers	13 M/MA: Turkey Burger F/V 1: Peas F/V 2: Fruit Mix G/B: Bun G/B: Chicken Egg Roll
16 M/MA: Chicken Patty Sandwich F/V 1: Green Beans F/V 2: Applesauce G/B: Bun G/B: Animal Crackers	17 M/MA: Chicken BBQ Cups F/V 1: Carrots F/V 2: Peaches G/B: Biscuits G/B: Soft Pretzel Other: Cheese Sauce	18 M/MA: Fish sticks F/V 1: Peas F/V 2: Mandarin Oranges G/B: Breeding G/B: Cottage Cheese & Crackers	19 M/MA: Meatloaf F/V 1: Broccoli F/V 2: Fruit Mix G/B: Roll G/B: Frozen Fruit	20 M/MA: Hamburger F/V 1: Veggie Medley F/V 2: Juice G/B: Bun G/B: Apple Strudel
23 M/MA: BBQ Chicken F/V 1: Broccoli F/V 2: Applesauce G/B: Bun G/B: Vanilla Yogurt	24 M/MA: Turkey and cheese Sandwich F/V 1: Mandarin Oranges F/V 2: Carrots G/B: Bread G/B: String Cheese	25 M/MA: Cheese Ravioli F/V 1: Green Beans F/V 2: Pears G/B: Noodles F/V: Banana	26 M/MA: F/V 1: Lettuce/Peas F/V 2: Peaches G/B: Tortilla Shell G/B: Breadstick & Marinara	27 M/MA: Turkey sausage pizza F/V 1: Veggie Medley F/V 2: Fruit Cocktail G/B: Crust M/MA: Applesauce
30 MA/MA: Chicken Quesadilla F/V 1: Broccoli F/V 2: Pears G/B: Crust G/B: Goldfish	31 M/MA: Sausage Rigatoni F/V 1: Broccoli F/V 2: Peaches G/B: Noodles G/B: Pumpkin Cookies	Happy Halloween		

Menu Key: Lunch, PM Snack

M/MA: Meat/Meat Alternative

F/V: Fruit/Vegetable

G/B: Grain/Bread

Other: Additional items served but not necessary to meet meal pattern requirements.

Cereal Choice, cheerios, Rice Chex, Cinnamon Toast Crunch, Bran Flakes

Rainbow's End menus follow the USDA Child Nutrition program.

All meals are served with milk.

All menus are subject to change.

Daily Breakfast Menu:

Mondays:

Cereal, Fruit or Juice

Tuesdays:

French Toast Sticks or waffles, Fruit or Juice

Wednesdays:

Biscuits and Gravy, Fruit or Juice

Thursdays:

Cereal, Fruit or Juice

Fridays:

Bagel or Muffin. Fruit or Juice

Menu Serving Times:

Breakfast – 8:30 a.m. Lunch – 11:30 a.m.

PM Snack – 2:30 p.m.