

# SUPPER MEALS - October 2019

Kit provides: 2 oz M/MA, 1 oz WGR, & 1/2 c F or V = COMPLETE SUPPER

OVS= 8 oz milk & 1/2 c vegetables

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Sept 30 - Oct 4</b>	<b>Frosted Mini Wheats &amp; Yogurt &amp; Seeds &amp; Dried Cranberries</b>	<b>Smuckers PB&amp;J, String Cheese, &amp; Carrots</b>	<b>Mini Pancakes, Colby Jack, Vanilla Yogurt, &amp; Applesauce cup</b>	<b>Turkey Coins, Cheddar Cubes, Tiki Crackers, Fresh Fruit</b>	<b>Tortilla Chips, Cheese Dip, Honey Seeds, Raisins</b>
<b>Recipe #</b>	S14463				
<b>M/MA (2 oz)</b>	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	4 oz vanilla yogurt (D)(20g) Colby Jack Cheese (D)(0g)	5 TurkeyCoins (none)(0g) Cheddar Cubes (D)(0g)	Cheese Dip (D)(2g) Honey Seeds (none)(10g)
<b>Grain (1 oz)</b>	Frosted Mini Wheats Bowl (W) (24g)		Mini Pancakes (D,E,S,W)(34g)	Tiki Savory Crackers (S,W) (14g)	Tortilla Chips (none)(28g)
<b>Fruit or Veg 1/2 cup</b>	Dried Cranberries with Seeds (39g)	Baby Carrots (4g)	Applesauce cup (14g)	Fresh Fruit (15g)	Raisins (none)(30g)
<b>Cond</b>					
<b>Utensils</b>	spoon		spoon		
<b>total items:</b>	4	3	5	4	4
<b>Items provided by site:</b>					
<b>Veg (1/2 c)</b>	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)
<b>Milk (8 oz)</b>	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
<b>Condiments</b>		Ranch (D,E,W)			
<b>servings day</b>	1	2	3	4	5
<b>October 7-11</b>	<b>Cinnamon Toast Crunch &amp; Yogurt &amp; Seeds &amp; Dried Cranberries</b>	<b>Welch's Grahamwich PB&amp;J, String Cheese, &amp; Carrots</b>	<b>Turkey Ham Croissant Sandwich with Applesauce</b>	<b>Cinnamon Crisps, Vanilla Yogurt, &amp; Seeds, Applesauce</b>	<b>Sun Chips, Cheddar Cubes, Jennie O Turkey Stick, Straw Fruit cup</b>
<b>Recipe #</b>					
<b>M/MA (2 oz)</b>	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Welch's Grahamwich PB&J (P, S,W)(30g) String Cheese (D)(1g)	Turkey Ham & Cheese Croissant Sandwich (D,S,W) (35g)	4 oz vanilla yogurt (D)(20g) Honey seeds (none)(10g)	1 Turkey Stick (0 g) Cheddar Cubes (D)(0g)
<b>Grain (1 oz)</b>	Cinnamon Toast Crunch Bowl (S,W)(22g)		Cinnamon Crisps (D,S,W)(25g)	Sun Chips (W)(18g)	
<b>Fruit or Veg 1/2 cup</b>	Dried Cranberries with Seeds (39g)	Baby Carrots (4g)	Applesauce Cup (14 g)	Apple Slices (8 g)	Strawberry Fruit Cup (22g)
<b>Cond</b>					
<b>Utensils</b>	spoon			spoon	spoon
<b>total items:</b>	4	3	2	5	5
<b>Items provided by site:</b>					
<b>Veg (1/2 c)</b>	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)
<b>Milk (8 oz)</b>	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
<b>Condiments</b>		Ranch (D,E,W)			
<b>servings day</b>	6	7	8	9	10
<b>October 14-18</b>	<b>Frosted Mini Wheats &amp; Yogurt &amp; Seeds &amp; Dried Cranberries</b>	<b>Smuckers PB&amp;J, String Cheese, &amp; Carrots</b>	<b>Turkey Jerky Stick, Egg, Jalapeno Cheese Puffs, Dried Cranberries</b>	<b>Chicken Bites, Fresh Fruit, &amp; Dipping Sauce</b>	<b>Tortilla Chips, Cheese Dip, Honey Seeds, Raisins</b>
<b>Recipe #</b>	S14463				
<b>M/MA (2 oz)</b>	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Turkey Jerky Stick (none)(1g) Hardboiled Egg (E)(1g)	Chicken Chunks (5 ea) (D,W)(17g)	Cheese Dip (D)(2g) Honey Seeds (none)(10g)
<b>Grain (1 oz)</b>	Frosted Mini Wheats Bowl (W) (24g)		Jalapeno Cheese Puffs (D)(15 g)		Tortilla Chips (none)(28g)
<b>Fruit or Veg 1/2 cup</b>	Dried Cranberries with Seeds (39g)	Baby Carrots (4g)	Craisins (28g)	Fresh Fruit (15g)	Raisins (none)(30g)
<b>Cond</b>				Boom Boom Sauce (E)(2g)	
<b>Utensils</b>	spoon				
<b>total items:</b>	4	3	4	3	4
<b>Items provided by site:</b>					
<b>Veg (1/2 c)</b>	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)
<b>Milk (8 oz)</b>	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
<b>Condiments</b>		Ranch (D,E,W)			
<b>servings day</b>	11	12	13	14	15
<b>October 21-25</b>	<b>Cinnamon Toast Crunch &amp; Yogurt &amp; Seeds &amp; Dried Cranberries</b>	<b>Welch's Grahamwich PB&amp;J, String Cheese, &amp; Carrots</b>	<b>Mini Pancakes, Colby Jack, Vanilla Yogurt, &amp; Applesauce cup</b>	<b>Turkey Coins, Cheddar Cubes, Tiki Crackers, Fresh Fruit</b>	<b>Hummus Cup, Colby Jack Cheese, Goldfish Pretzels &amp; Mango tube</b>
<b>Recipe #</b>					

<b>M/MA (2 oz)</b>	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Welch's Grahamwich PB&J (P, S,W)(30g)	4 oz vanilla yogurt (D)(20g) Colby Jack Cheese (D)(0g)	5 TurkeyCoins (none)(0g) Cheddar Cubes (D)(0g)	Hummus Cup (sesame) (12 g) Colby Jack Cheese (D)(0g)
<b>Grain (1 oz)</b>	Cinnamon Toast Crunch Bowl (S,W)(22g)	String Cheese (D)(1g)	Mini Pancakes (D,E,S,W)(34g)	Tiki Savory Crackers (S,W) (14g)	Pretzel Goldfish (D,W)(16g)
<b>Fruit or Veg 1/2 cup</b>	Dried Cranberries with Seeds (39g)	Baby Carrots (4g)	Applesauce cup (14g)	Fresh Fruit (15g)	Fruti Fruit Mango tube (none) (13g)
<b>Cond</b>					
<b>Utensils</b>	spoon		spoon		
<b>total items:</b>	4	3	5	4	4
<b>Items provided by site:</b>					
<b>Veg (1/2 c)</b>	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)
<b>Milk (8 oz)</b>	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
<b>Condiments</b>		Ranch (D,E,W)			
<small>servicing day</small>	16	17	18	19	20

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Oct 28- Nov 1</b>	<b>Banana Bread &amp; Yogurt &amp; Seeds &amp; Dried Cranberries</b>	<b>Smuckers PB&amp;J, String Cheese, &amp; Carrots</b>	<b>Turkey Ham Croissant Sandwich with Fruit cup</b>	<b>Pepperoni Pizza 5" &amp; Fresh Fruit</b>	<b>Kelloggs Crunch Mania, Vanilla Yogurt, &amp; Honey Seeds, Craisins</b>
<b>Recipe #</b>	S15369				
<b>M/MA (2 oz)</b>	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Turkey Ham & Cheese Croissant Sandwich (D,S,W) (35g)	Pepperoni Pizza (D,S,W)(38g)	4 oz vanilla yogurt (D)(20g) Honey seeds (none)(10g)
<b>Grain (1 oz)</b>	Banana Bread (E,S,W)(44g)				Crunch Mania (D,S,W)(37 g)
<b>Fruit or Veg 1/2 cup</b>	Dried Cranberries with Seeds (39g)	Baby Carrots (4g)	Strawberry Fruit Cup (22g)	Apple Slices (8g)	Craisins (28g)
<b>Cond</b>					
<b>Utensils</b>	spoon				spoon
<b>total items:</b>	4	3	2	2	5
<b>Items provided by site:</b>					
<b>Veg (1/2 c)</b>	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)
<b>Milk (8 oz)</b>	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
<b>Condiments</b>		Ranch (D,E,W)			
<small>servicing day</small>	21	22	23	24	25

**Carbohydrates noted (\_\_\_g)      ALLERGENS NOTED: D = Dairy, E = Eggs, F = Fish, P = Peanuts, S = Soy, T = Treenuts, W = Wheat**