



October 2023 CACFP



MENU

Hot Meal

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	Sloppy Joe w/ Ground Beef Bun Baby Carrots Apple 1% Milk	Cheeseburger Sliders* Bun BBQ Home Fries Apple 1% Milk	Chicken Teriyaki Fried Rice Peppers, Peas, Carrots Banana 1% Milk	Buffalo Chicken Mac & Cheese* Pasta Broccoli Apple 1% Milk/Fat Free Chocolate Milk	Braised Chicken Thighs Spanish Rice and Beans* Kidney Beans, tomato in rice Apple 1% Milk
3	White Chicken Chili Biscuit Corn, Peas, Peppers Apple 1% Milk	Pizza Biscuit w/ Chicken Sausage Biscuit Baby Carrots Apple 1% Milk	Smothered Steakburger Roll Corn Banana 1% Milk	Breakfast Casserole w/ Eggs & Turkey Sausage Biscuit Homefries Apple 1% Milk/Fat Free Chocolate Milk	Hearty Chicken & Potato Stew Biscuit Lima beans, carrots & Potatoes in stew Apple 1% Milk
4	Beef Chili Biscuit Tomatoes, Peppers & Beans Apple 1% Milk	Rasta Pasta w/ Chicken Penne Pasta Peppers Apple 1% Milk	Pulled BBQ Beef Bun Corn Banana 1% Milk	Southwest Chicken Long Grain Rice Corn, Peppers & Diced Tomatoes Apple 1% Milk/Fat Free Chocolate Milk	Mac & Cheese Pasta Green Salad Apple 1% Milk
5	Pasta Bolognese w/ Ground Beef Penne Pasta Baby Carrots Apple 1% Milk	Arroz Con Pollo w/ Chicken Long Grain Rice Mixed Vegetable Apple 1% Milk	Philly Cheese Steak Bun Peppers & Mushrooms Banana 1% Milk Butter	Chicken Parmesan Pasta Rotini Pasta Green Salad Apple 1% Milk/Fat Free Chocolate Milk	Italian Chicken & Rice Long Grain Rice Spinach & Red Peppers Apple 1% Milk Butter
6	Pizza Sloppy Joe Bun Baby Carrots Apple 1% Milk	Cheese Manicotti WGR Roll* Green Salad Apple 1% Milk ranch dressing			