

- AVO
- BAN
- CDO
- HIG
- KEM
- LMD
- LPE
- RAN
- LMAAC
- STEAM
- SVA

# October

## ESS-CACFP MENU



<p>30</p> <p>Savory Wheat Crackers Ranch Garbanzo Beans Fresh Apple Carrot Sticks 1% White or NF Choc. Milk</p>	<p>1</p> <p>Cool Ranch Doritos Blueberries &amp; String Cheese Cherry Tomatoes (Elem) Jicama Sticks (Middle) 1% White or NF Choc. Milk</p>	<p>2</p> <p>Galaxy Pizza Petite Banana Sliced Cucumbers 1% White or NF Choc. Milk</p>	<p>3</p> <p>Bean &amp; Cheese Burrito Applesauce Carrot Sticks 1% White or NF Choc. Milk</p>	<p>4</p> <p>Maple Waffle Grahams Yogurt Cranberries Pinto Beans 1% White or NF Choc. Milk</p>
<p>7</p> <p><b>B</b></p>	<p>8</p> <p><b>R</b></p>	<p>9</p> <p><b>E</b></p>	<p>10</p> <p><b>A</b></p>	<p>11</p> <p><b>K</b></p>
<p>14</p> <p><b>B</b></p>	<p>15</p> <p><b>R</b></p>	<p>16</p> <p><b>E</b></p>	<p>17</p> <p><b>A</b></p>	<p>18</p> <p><b>K</b></p>
<p>21</p> <p>Fritos Corn Chips Zee Zee's Bean Dipz Cup Fresh Apple Corn 1% White or NF Choc. Milk</p>	<p>22</p> <p>Chicken Corn Dog Blueberries Romain Lettuce 1% White or NF Choc. Milk</p>	<p>23</p> <p>Galaxy Pizza Petite Banana Pinto Beans 1% White or NF Choc. Milk</p>	<p>24</p> <p>Turkey Taco Nada Applesauce Carrot Sticks 1% White or NF Choc. Milk</p>	<p>25</p> <p>Giant Cinnamon Goldfish Yogurt Dried Cranberries Celery Sticks 1% White or NF Choc. Milk</p>
<p>28</p> <p>Cheeseburger Fresh Apple Corn 1% White or NF Choc. Milk</p>	<p>29</p> <p>Bagel w/ Cream Cheese Blueberries Romain Lettuce String Cheese 1% White or NF Choc. Milk</p>	<p>30</p> <p>Mike's Cheese Pizza Wedge Petite Banana Pinto Beans 1% White or NF Choc. Milk</p>	<p>31</p> <p>Cheese Enchiladas Applesauce Carrot Sticks 1% White or NF Choc. Milk</p>	<p>1</p> <p>Maple Waffle Grahams Yogurt Cranberries Celery Sticks 1% White or NF Choc. Milk</p>

Menu subject to change. This institution is an equal opportunity provider.