

# KIDS CAFE PROGRAM MENU



## October 2024



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
|   | <b>1</b><br><u>Chicken Pasta Salad</u><br>*Chicken Pasta Salad (6oz=1/2V, 2ozMMA, & 1.25ozG)<br>Italian Dressing (1pk)<br>Apple (1/4c)<br>1% Unflavored Milk (8oz)  | <b>2</b><br><u>Chicken Pasta Salad</u><br>*Chicken Pasta Salad (6oz=1/2V, 2ozMMA, & 1.25ozG)<br>Italian Dressing (1pk)<br>Apple (1/4c)<br>1% Unflavored Milk (8oz)  | <b>3</b><br><u>House Salad</u><br>Diced Turkey (2oz=2ozMMA)<br>Spring Mix Salad (1c)<br>Ranch Dressing (1pks)<br>w/Shredded Cheese (.5oz)<br>Cucumber Coins (1/4c)<br>WG Dinner Roll (1.1oz=1ozG)<br>1% Unflavored Milk (8oz)              | <b>4</b><br><u>Breakfast Sliders</u><br>WW Biscuit (2ea=2ozG)<br>Turkey Sausage (2ea=1.75ozMMA)<br>Sliced American Cheese (1sl=.5ozMMA)<br>Syrup (1pk)<br>Banana (1/4c)<br>Baby Carrots (1/2c)<br>1% Unflavored Milk (8oz) |
|   | <b>7</b><br><u>Yogurt Parfait</u><br>Yoplait Yogurt (4oz.=1ozMMA)<br>Diced Peaches (1/4c)<br>*Oatmeal Bar (1.2oz=1ozG)<br>String Cheese (1oz= 1ozMMA)<br>Baby Carrots (1/2c)<br>Tajin Packet (1ea.)<br>1% Unflavored Milk (8oz) | <b>8</b><br><u>Grilled Chicken Nuggets!!</u><br>Grilled Chicken Nuggets (4ea.=2ozMMA)<br>Ketchup Packet (1pk)<br>Saltine Crackers (4pks=1ozG)<br>Celery Sticks (1/2c)<br>Ranch Dressing (1pk)<br>Apple (1/4c)<br>1% Unflavored Milk (8oz) | <b>9</b><br><u>Grilled Chicken Nuggets!!</u><br>Grilled Chicken Nuggets (4ea.=2ozMMA)<br>Ketchup Packet (1pk)<br>Saltine Crackers (4pks=1ozG)<br>Celery Sticks (1/2c)<br>Ranch Dressing (1pk)<br>Apple (1/4c)<br>1% Unflavored Milk (8oz)  | <b>10</b><br><u>Chicken Sandwich</u><br>*Breaded Chicken Pattie (1=2ozM/MA & 1ozG)<br>WG Bun (1 Bun)<br>Ketchup(1pk)<br>Shredded Lettuce (1c)<br>Orange (1/4c)<br>1% Unflavored Milk (8oz)                                 |
| <b>14</b><br><u>Finger Food Day</u><br>Cube Cheese (2oz.=2ozMMA)<br>*Mini WG Bagel (1oz=1ozG)<br>Cream Cheese (1pk)<br>Baby Carrots (1/2c)<br>Apple (1/4c)<br>1% Unflavored Milk (8oz)                                  | <b>15</b><br><u>BBQ Meatball Sub</u><br>Chicken Meatballs (3ea.=2.25ozMMA)<br>WG Hotdog Bun (1ea=2ozG)<br>BBQ Sauce (1pk)<br>3-Way Salad (1c)<br>Cucumber Coins (1/4c)<br>Ranch Dressing (1pk)<br>1% Unflavored Milk (8oz)      | <b>16</b><br><u>BBQ Meatball Sub</u><br>Chicken Meatballs (3ea.=2.25ozMMA)<br>WG Hotdog Bun (1ea=2ozG)<br>BBQ Sauce (1pk)<br>3-Way Salad (1c)<br>Cucumber Coins (1/4c)<br>Ranch Dressing (1pk)<br>1% Unflavored Milk (8oz)                | <b>17</b><br><u>Turkey Cheese Sandwich</u><br>Turkey (1.5oz=1.5ozMMA)<br>Sliced American Cheese (1sl=.5ozMMA)<br>*WG Bread (1 slice)<br>Shredded Lettuce (1c)<br>Pineapple Tidbits (1/4c)<br>Mayo Packet (1pk)<br>1% Unflavored Milk (8oz) | <b>18</b><br><u>Breakfast Platter</u><br>Waffle (1.25oz=1ozG)<br>Syrup (1pk)<br>Turkey Sausage (1pc=.875ozMMA)<br>Egg Patty (1.5oz=1.25ozMMA)<br>Diced Peaches (1/4c)<br>Baby Carrots (1/2c)<br>1% Unflavored Milk (8oz)   |
| <b>21</b><br><u>Multigrain Cereal</u><br>*Multigrain Cereal (1oz=1ozG)<br>Yoplait Yogurt (4oz.=1ozMMA)<br>String Cheese (1oz=1ozMMA)<br>Baby Carrots (1/2c)<br>Orange (1/4c)<br>1% Unflavored Milk (8oz)                | <b>22</b><br><u>Chicken Quesadilla</u><br>Chicken Quesadilla (1ea.=2ozMMA&2ozG)<br>Salsa Victoria (1pk)<br>Celery Sticks (1/2c)<br>Tajin Packet (1ea.)<br>Apple (1/4c)<br>1% Unflavored Milk (8oz)                              | <b>23</b><br><u>Chicken Quesadilla</u><br>Chicken Quesadilla (1ea.=2ozMMA&2ozG)<br>Salsa Victoria (1pk)<br>Celery Sticks (1/2c)<br>Tajin Packet (1ea.)<br>Apple (1/4c)<br>1% Unflavored Milk (8oz)  | <b>24</b><br><u>Hummus &amp; Pita</u><br>Hummus (3.75oz=2ozMMA)<br>WG Flat Bread (1oz=1ozG)<br>Baby Carrots (1/2c)<br>Apple (1/4c)<br>1% Unflavored Milk (8oz)   | <b>25</b><br><u>Overnight Oats</u><br>*Rolled Oats (1/2c)<br>Yogurt (4oz=1ozMMA)<br>Diced Mango (1/4c)<br>Cube Cheese (1oz=1ozMMA)<br>Celery Sticks (1/2c)<br>Chamoy (1oz)<br>1% Unflavored Milk (8oz)                     |
| <b>28</b><br><u>Open Face Brkfst Sand.</u><br>½ WG Bagel (½Bagel=2.125ozG)<br>Egg Patty (1.5oz=1.25ozMMA)<br>Turkey Ham (1.5=1ozMMA)<br>Hash Browns (1/2c)<br>Ketchup (1pk)<br>Apple (1/4c)<br>1% Unflavored Milk (8oz) | <b>29</b><br><u>Fiesta Chicken Salad</u><br>Fiesta Chicken Salad (¾c =2ozMMA, 1/2cV)<br>Italian Dressing (1pk)<br>Saltine Crackers (4pks=1ozG)<br>Pineapple Tidbits (1/4c)<br>1% Unflavored Milk                                | <b>30</b><br><u>Fiesta Chicken Salad</u><br>Fiesta Chicken Salad (¾c =2ozMMA, 1/2cV)<br>Italian Dressing (1pk)<br>Saltine Crackers (4pks=1ozG)<br>Pineapple Tidbits (1/4c)<br>1% Unflavored Milk  | <b>31</b><br><u>BOORritos!!</u><br>*WG Bean & Cheese Burrito (1ea=1.5oz M/MA&1.5ozG)<br>String Cheese (1oz= 1ozMMA)<br>Celery Sticks (1/2c)<br>Tajin Packet (1ea.)<br>Pluot/Plum (1/4c)<br>1% Unflavored Milk (8oz)                        |   |

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## 2024 MENU KEY



| Protein                                 | Item #              | Date of Label | Required Amount   | Dates on Menu            |
|---|---------------------|---------------|-------------------|--------------------------|
| String Cheese - Land O'Lakes/Roseli     | 6939045/<br>8805137 | FBG 1-23      | 1ea. = 1 oz.      | 10/2, 10/7, 10/21, 10/31 |
| Hummus - Kronos Central                 | 3457066             | 5/2024        | 3.75 oz. = 2 oz.  | 10/24                    |
| Peanut Butter - Monarch                 | 4327581             | 6/28/2018     | 4 tbs. = 2 oz.    | 10/8, 10/16, 10/30       |
| Roasted Peanuts - Monarch               | 3604493             | FBG 1-36      | 2 tbsp. = 1 oz.   | 10/2, 10/23              |
| Grilled Diced Chicken-Tyson             | 8588238             | FBG 1-32      | 1 oz. = 1 oz.     | 10/1                     |
| Diced Turkey - Jennie O                 | 7213879             | FBG 1-55      | 1 oz. = 1 oz.     | 10/3                     |
| Chicken Meatballs - Tyson               | 8720153             | 5/15/2023     | 3 ea.=2.25 oz.    | 10/15                    |
| Turkey Breast - Jennie-O                | 1118504             | FBG 1-52      | 1 oz. = 1 oz.     | 10/17                    |
| Grilled Chicken Nuggets-Brakebush       | 5690                | 11/04/2019    | 4 each = 2 oz.    | 10/8, 10/23              |
| Turkey Ham - Jennie O                   | 5091434             | FBG 1-55      | 1.4 oz. = 1 oz.   | 10/28                    |
| Yogurt - Yoplait                        | 306647              | 9/02/2022     | 4 oz. = 1 oz.     | 10/7, 10/21              |
| Vanilla Yogurt - Dannon Light & Fit     | 8124588             | FBG 1-59      | 4 oz. = 1 oz.     | 10/25                    |
| Cubed Cheese-Glenview Farms             | 1074334/29793       | FBG 1-23      | 1 oz. = 1 oz.     | 10/14, 10/25, 10/30      |
| Sliced American Cheese - Glenview Farms | 2975244             | FBG 1-23      | 1 slice = .5 oz.  | 10/4                     |
| *Chicken Quesadilla - ConAgra           | 2776485             | 6/06/2019     | 3.75 oz. = 2 oz.  |                          |
| Turkey Sausage - Jimmy Dean             | 7274988             | 1/2024        | 1 patty = .875 oz | 10/4, 10/18              |
| *Chicken Pattie-Tyson                   | 8473761/<br>9715277 | 5/13/2020     | 3.15 oz. = 2 oz.  |                          |
| Egg Patty - Abbotsford Farms            | 6106948             | 7/05/2022     | 1.5 oz. = 1.5 oz. | 10/18, 10/28             |
| *Bean/chz Burrito-Los Cabos             | 2967446             | 8/10/2020     | 1ea. = 1.5 oz.    |                          |

| Grain                              | Item#               | Date of Label          | Required Amount    | Date on Menu                    |
|------------------------------------|---------------------|------------------------|--------------------|---------------------------------|
| Saltine Cracker - Keebler/Monarch  | 7003999/<br>7945967 | 1/02/2023<br>FBG 4 -34 | 4 packs = 1 oz.    | 10/2, 10/8, 10/11, 10/23, 10/29 |
| *Multigrain Cheerios-General Mills | 6960637             | 9/01/2022              | 1 oz. = 1 oz.      | 10/21                           |
| *WG Bread - Flowers Foods          | 299204              | 1/9/2019               | 1 slice = 1 oz.    | 10/16, 10/17                    |
| *WG Flat Bread - Rich's            | 7897707             | 5/2024                 | 1 each = 1 oz.     | 10/24                           |
| *Rolled Oats - Hospitality         | 5027206             | FBG 4-22               | ½ cup = ½ cup      | 10/25                           |
| *WG Rotini Pasta - Barilla         | 3440521             | 1/2024                 | 6 oz. = 1.25 oz.   | 10/1                            |
| WG Hotdog Bun- Flowers Foods       | 6809602             | 1/04/23                | 1ea.=2oz.          | 10/15                           |
| *Chicken Quesadilla - ConAgra      | 2776485             | 6/06/2019              | 3.75 oz. = 2 oz.   | 10/22                           |
| *Chicken Pasta Salad               | 3440521             | 1/2024                 | 6 oz. = 1.25 oz.   | 10/1                            |
| Blueberry Oatmeal Bar-Bridgford    | 70600               | 7/14/2023              | 1.2 oz. = 1 oz.    | 10/7                            |
| WW Biscuit - Bridgford             | 2711075             | 1/01/2023              | 1 oz. = 1oz.       | 10/4                            |
| *WG Tortilla - Mission             | 6176315             | 9/30/2022              | 1 each = 1 oz.     | 10/30                           |
| *WG English Muffin - Flowers Food  | 3457845             | 10/13/2022             | 1 ea. = 2 oz.      | 10/9                            |
| *WG Bagel - Burry Foods            | 4642419             | 7/20/2020              | ½ Bagel = 2.125oz. | 10/28                           |
| *WG Waffle - Hilltop Hearth        | 9899583             | 3/25/2020              | 1.25oz = 1 oz.     | 10/18                           |
| *Mini WG Bagel-Tony Roberts Co.    | 8572802             | 07/07/2022             | 1 oz. = 1 oz.      | 10/14                           |
| *WG Dinner Roll - Flowers Foods    | 299115              | 10/13/2022             | 1.1oz=1oz.         | 10/3                            |
| *Bean/chz Burrito-Los Cabos        | 2967446             | 8/10/2020              | 1 ea. = 1.5 oz.    | 10/31                           |
| *Chicken Pattie-Brakebush          | 5952                | 5/13/2020              | 3.15 oz. = 1 oz.   | 10/10                           |

**\*Whole Grain Rich Item**