


OCTOBER 2020	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 3)	5 th 8 oz 1% Milk 4 oz 100% Orange Juice ½ c WG Oatmeal 1.25 oz WW Bread 1 tsp Margarine	6 th 8 oz 1% Milk ½ c Mixed Fruit 2.2 oz English Muffin 1 tsp Sugar Free Jelly	7 th 8 oz 1% Milk 4 oz 100% Apple Juice ¾ c WG Corn Flakes 1.25 oz WW Bread	8 th 8 oz 1% Milk ½ c Pears in Juice 2.2 oz Corn Muffin	9 th 8 oz 1% Milk 4 oz 100% Fruit Juice ¾ c WG Oats Cereal 1.25 oz WW Bread
LUNCH	Meatloaf 3 oz Ground Beef 1 oz Tomato Sauce 1 oz Breadcrumbs ½ c Stewed Tomatoes ½ c Carrots ½ c WW Bread 8 oz 1% Milk	Balsamic Chicken Breast 2 oz Chicken ¼ c Fruit Juice ½ c Italian Vegetables ½ c Italian Brown Rice 1.5 oz WG Roll 8 oz 1% Milk	Turkey Pasquale 2 oz Ground Turkey 2 oz Tomato ½ c pasta ½ c mixed vegetable ¼ c fruit 1.5 oz Whole Grain Roll 8 oz 1% Milk	Mac n' Cheese & Franks 2 oz All Beef Hot Dog ½ c Corn ½ c Apples ½ c Pasta 1.5 oz WG Roll 8 oz 1% Milk	Elbow Pasta & Meatballs 2 oz Ground Beef ½ c Tomato Marinara ½ c Broccoli ½ c Elbow Pasta 1.5 oz WG Roll
BREAKFAST (Week 4)	12 th 8 oz 1% Milk 4 oz 100% Orange Juice ½ c WG Oatmeal 1.25 oz WW Bread 1 oz Margarine	13 th 8 oz 1% Milk ½ c Mixed Fruit 2.2 oz English Muffin 1 tsp Sugar Free Jelly	14 th 8 oz 1% Milk 4 oz 100% Apple Juice ¾ c WG Corn Flakes 1.25 oz WW Bread	15 th 8 oz 1% Milk ½ c Peaches in Juice 2.2 oz WG Toaster Waffle 1 tsp Sugar Free Syrup	16 th 8 oz 1% Milk 4 oz 100% Fruit Juice 1 oz WG Oat Cereal 1.25 oz WW Bread 1 tsp Sugar Free Jelly
LUNCH	Sweet and Sour Meatballs 2 oz Ground Beef ½ c Mixed Vegetable ½ c Fruit ½ c Pasta 1 oz WG Bread 8 oz 1% Milk	BBQ Chicken Breast 2 oz Chicken ¼ c Carrots ½ c Mixed Fruit ½ c Brown Rice & Beans 1.5 oz WG Roll 8 oz 1% Milk	Shell Pasta Bolognese 2 oz Beef 4 oz Tomato Sauce ½ c Broccoli w/ Garlic ½ c Marinara Sauce ½ c Pasta 1.5 oz WG Roll 8 oz 1% Milk	Creamed Chicken 2 oz Chicken ½ c Mixed Vegetables ½ c Apples ½ c Brown Rice 1.5 oz WG Roll	Chicken Salad Sandwich 2 oz Chicken Breast 2 oz Minced Celery & Carrot ½ c Four Bean Salad ¼ c Apple Sauce ¼ c Celery 1.8 oz Hamburger Roll 8 oz 1% Milk
BREAKFAST (Week 1)	19 th 8 oz 1% Milk 4 oz 100% Orange Juice ½ c WG Oatmeal 1.25 oz WW Bread 1 tsp Margarine	20 th 8 oz 1% Milk ½ c Mixed Fruit 2.2 oz English Muffin 1 tsp Sugar Free Jelly	21 st 8 oz 1% Milk 4 oz 100% Apple Juice ¾ c WG Corn Flakes 1.25 oz WW Bread	22 nd 8 oz 1% Milk ½ c Pears in Juice 2.2 oz Corn Muffin	23 rd 8 oz 1% Milk 4 oz 100% Fruit Juice ¾ c WG Oats Cereal 1.25 oz WW Bread
LUNCH	Hot Dog & Kraut 3 oz All Beef Hot Dog 2 oz Sauerkraut ¼ c Cinnamon Apples ¼ c Sauerkraut ½ c Sliced Carrots 1.8 oz Hot Dog Roll 1 pk. Mustard & Ketchup 8 oz 1% Milk	Mandarin Orange Chicken 2 oz Chicken 2 oz Mandarin Oranges ¼ c Pineapple Tidbits ¼ c Mandarine Orange ½ c Stir Fry Vegetable ½ c Brown Rice 1 oz WG Roll 1 tsp Margarine 8 oz 1% Milk	Turkey Meatloaf 3 oz Turkey 1 oz Tomato 1 oz Breadcrumbs ½ c Stewed Tomato ½ c Carrots 1.5 oz WW Roll 8 oz 1% Milk	Stuffed Pepper 2 oz Ground Beef ½ c Pepper, Onion & Corn ½ c Stewed Tomato ½ c Brown Rice 1 oz Biscuit 8 oz 1% Milk	Penne Romana & Meatballs 2 oz Ground Beef 2 oz Tomato Marinara ¼ c Mixed Fruit ¼ c Marinara ½ c Broccoli ½ c Penne Pasta 1.5 oz WG Roll 8 oz 1% Milk
BREAKFAST (Week 2)	26 th 8 oz 1% Milk 4 oz 100% Orange Juice ½ c Oatmeal 1.25 oz WW Bread 1 tsp Margarine	27 th 8 oz 1% Milk ½ c Mixed Fruit 2.2 oz English Muffin 1 tsp Sugar Free Jelly	28 th 8 oz 1% Milk 4 oz 100% Apple Juice ¾ c WG Corn Flakes 1.25 oz WW Bread	29 th 8 oz 1% Milk ½ c Peaches in Juice 2.2 oz WG Corn Flakes 1 tsp Sugar Free Syrup	30 th 8 oz 1% Milk 4 oz 100% Fruit Juice ¾ c WG Oats Cereal 1.25 oz WW Bread 1 tsp Margarine
LUNCH	Swiss Style Burger 3 oz Ground Beef ½ c Peppers, Onion & Mushrooms ½ c Apples ½ c Pasta 1.5 WG Roll 8 oz 1% Milk	Baked Chicken Breast 2 oz Chicken ½ c Mixed Vegetables ½ c Pears ½ c Rice & Beans 1.5 WG Roll 8 oz 1% Milk	Beef & Macaroni 2 oz Beef ¼ c Mixed Fruit ¼ c Marinara ½ c Carrots ½ c Pasta 1.5 oz WG Roll 8 oz 1% Milk	Chicken Chili 2 oz Chicken ½ c Corn & Beans ¼ c Mixed Fruit ¼ c Tomato ½ c Mexican Rice 1.5 oz WG Roll 8 oz 1% Milk	Tuna Salad Sandwich 2 oz Tuna 2 oz Minced Celery & Carrot ½ c Tomato & Cucumber ½ c Celery & Carrot 1 c Lettuce Greens 1.8 oz Hamburger Roll 8 oz 1% Milk
					
					BOCA RATON DELRAY BEACH LAKE WORTH PAHOKEE PALM BEACH GARDENS WEST PALM BEACH NORTH STUART WELLINGTON WEST LAKE WORTH THIS MENU IS SUBJECT TO CHANGE