



October 2023 Menu 12-36 Month Olds



SITE NAME

Week 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5
BREAKFAST <ul style="list-style-type: none"> Grains, or meat/meat alternate (no more than 3 times per week) Vegetables or Fruits Fluid Milk Other Foods 	WG PATTY CAKE PANCAKE (ID CACFP) APPLESAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	VANILLA YOGURT PEACHES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	EGG AND CHEESE BURRITO (CN LABEL) CANNED APRICOTS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	COLD CEREAL – KIX BANANAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
LUNCH <ul style="list-style-type: none"> Meat or meat alternate Vegetables •Fruits/Veg Grains Fluid Milk Other Foods 	HAMBURGERS GREEN SALAD CANTALOUPE CUBES WG HAMBURGER BUN WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	TUNA PATTY (D-10) TROPICAL FRUIT CAULIFLOWER AND BROCCOLI WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	ULTIMATE FISH STICKS (CN LABEL) PEAS AND CARROTS STRAWBERRIES CN WG FISH STICKS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	TACO SOUP WITH CHEESE (WR-5) KALE CHIPS PEACHES BAKED WG TORTILLA STRIPS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
SNACK (Select two of these five components) <ul style="list-style-type: none"> Meat or meat alternate Vegetables •Fruits Grains Fluid Milk 	FRESH ORANGE WEDGES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	SOUR CUCUMBER BITES (USDA) WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	WG BAKED TORTILLA STRIPS SALSA WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	WG GOLDFISH CRACKERS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
Week 2	Monday 9	Tuesday 10	Wednesday 11	Thursday 12
BREAKFAST <ul style="list-style-type: none"> Grains, or meat/meat alternate (no more than 3 times per week) Vegetables or Fruits Fluid Milk Other Foods 	SCRAMBLED EGGS WITH CHEESE MIXED FRUIT WG TOAST WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	BANANA BREAD SQUARES (USDA) DICED MANGO WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	COLD CEREAL – FROSTED MINI WHEATS CANNED APPLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	WG ENGLISH MUFFINS CANNED APRICOTS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
LUNCH <ul style="list-style-type: none"> Meat or meat alternate Vegetables •Fruits/Veg Grains Fluid Milk Other Foods 	CHICKEN ENCHILADA CASSEROLE (WR-2) GREEN BEANS PEAR SLICES WG CORN TORTILLAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	MACARONI AND CHEESE (D-20) BROCCOLI FRESH APPLE WEDGES WG MACARONI NOODLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	TORTILLA ROLL UP (D-09A) CHERRY TOMATOES CANTALOUPE CUBES WG FLOUR TORTILLA WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	TOASTED CHEESE SANDWICH (IDAHO CACFP) TOMATO SOUP HONEYDEW CUBES PEAS WG BREAD WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
SNACK (Select two of these five components) <ul style="list-style-type: none"> Meat or meat alternate Vegetables •Fruits Grains Fluid Milk 	WG GRAHAM CRACKERS APPLESAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	WG CHEEZ IT CRACKERS BANANAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	STRAWBERRY YOGURT STRAWBERRIES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	BLUEBERRY MUFFINS (DAVE'S BAKERY) (PFS) WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)

*All cold cereals served are based upon WIC cereal list
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Week 3	Monday 16	Tuesday 17	Wednesday 18	Thursday 19
BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	SCRAMBLED EGGS WITH CHEESE STRAWBERRIES WG TOAST WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	OATMEAL MUFFIN SQUARES (A-11B) (OR MUFFUNS) CANTALOUPE CUBES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	COLD CEREAL - CHEERIOS PEACHES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	WG FRENCH TOAST STICKS APPLESAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
LUNCH • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods	(CN LABEL) THE MAX CHEESE PIZZA TROPICAL FRUIT CAULIFLOWER AND BROCCOLI WG CN LABELED PIZZA WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(CNRB) SWEET AND SASSY CHICKEN RED AND GREEN BELL PEPPERS PINEAPPLE CHUNKS WG BROWN RICE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(F-12) BEEF SLOPPY JOE MIXED FRUIT GREEN BEANS WG HAMBURGER BUN WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(CN LABEL) CHICKEN NUGGETS SWEET POTATO FRIES HONEYDEW CUBES WG DINNER ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	FRESH APPLE WEDGES SUNBUTTER WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	REFRIED BEANS BAKED WG TORTILLA STRIPS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	HANDS ON CEREAL BANANAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	COOKED CARROT STICKS WITH RANCH WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
Week 4	Monday 23	Tuesday 24	Wednesday 25	Thursday 26
BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	COLD CEREAL – LIFE BANANAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	SCRAMBLED EGGS WITH CHEESE HONEYDEW CUBES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	CREAM OF WHEAT FARINA CANNED APPLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	BISCUITS AND SAUSAGE GRAVY CANNED APRICOTS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
LUNCH • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods	(CN LABEL) MEATBALLS MASHED POTATOES PEARS WG BREADSTICKS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(IDAHO CACFP) TUNA SALAD SANDWICH PEAS FRESH APPLE WEDGES WG BREAD WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(D-5) OVEN BAKED PARMESAN CHICKEN TOMATO WEDGES FRUIT SALAD WG PARMESAN BREADSTICKS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(D-04A) GLAZED MEATLOAF ZUCCHINI CANTALOUPE CUBES WG DINNER ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	WG GRAHAM CRACKERS APPLESAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	WG BREADSTICKS MARINARA SAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	VANILLA YOGURT PEACHES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	(NATIONAL CACFP) BANANA SUSHI ROLL WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)

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Week 5	Monday 30	Tuesday 31	Wednesday (Nov. 1)	Thursday (Nov. 2)
BREAKFAST <ul style="list-style-type: none"> • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods 	<p>(CN LABEL)</p> WG FRENCH TOAST STICKS APPLESAUCE WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	SCRAMBLED EGGS WITH CHEESE WG FLOUR TORTILLAS PEACHES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	WG TOAST CANNED APRICOTS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	COLD CEREAL – CHEERIOS BANANAS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
LUNCH <ul style="list-style-type: none"> • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods 	<p>(D-13)</p> MEXICAN PIZZA GREEN BELL PEPPER HONEYDEW CUBES WG FLOUR TORTILLA WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	<p>(USDA TEAM NUTRITION)</p> CHICKEN ALFREDO WITH A TWIST BROCCOLI ORANGE WEDGES WG ROTINI PASTA WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	<p>(D-03A)</p> BEEF AND SPAGHETTI CASSEROLE GREEN BEANS MIXED FRUIT WG SPAGHETTI NOODLES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	<p>(IDAHO CACFP)</p> CHICKEN NOODLE SOUP COOKED CARROTS TROPICAL FRUIT CNL WG CHEESE BREADSTICK WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)
SNACK (Select two of these five components) <ul style="list-style-type: none"> • Meat or meat alternate • Vegetables •Fruits • Grains • Fluid Milk 	<p>(IDAHO CACFP)</p> TRAIL MIX WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	COTTAGE CHEESE MIXED FRUIT WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	MANDARIN ORANGES WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)	WG GRAHAM CRACKERS WHOLE MILK (12-23 MONTHS) OR 1% MILK (24-36 MONTHS)

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