

# Palcare – October 2018

MON	TUE	WED	THU	FRI
<p><b>1</b></p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Chicken &amp; a Buttermilk Biscuit with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p><b>2</b></p> <p><u>AM Snack</u> Waffles and Jelly with Seasonal Fruit</p> <p><u>Lunch</u> Chicken and Veggie Fried Rice with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Breadsticks with Marinara</p>	<p><b>3</b></p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Pasta with Marinara and Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Veggie Sticks with Ranch</p>	<p><b>4</b></p> <p><u>AM Snack</u> Nutri Grain Bar with Seasonal Fruit</p> <p><u>Lunch</u> BBQ Pork Riblets with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Celery Sticks with Hummus Dip</p>	<p><b>5</b></p> <p><u>AM Snack</u> Zucchini Bread &amp; Seasonal Fruit</p> <p><u>Lunch</u> Three Bean Chili with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Baked Veggie Straws with Avocado Dip</p>
<p><b>8</b></p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Chicken Pot Pie with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p><b>9</b></p> <p><u>AM Snack</u> Mini Bagels with Cream Cheese &amp; Seasonal Fruit</p> <p><u>Lunch</u> Meatball Sub and Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Chex Mix</p>	<p><b>10</b></p> <p><u>AM Snack</u> Vanilla Yogurt with Seasonal Fruit</p> <p><u>Lunch</u> Hamburger with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Shelled Edamame</p>	<p><b>11</b></p> <p><u>AM Snack</u> Whole Grain Cereal with Seasonal Fruit</p> <p><u>Lunch</u> Chicken Nuggets with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Fresh Veggie Sticks with Ranch</p>	<p><b>12</b></p> <p><u>AM Snack</u> Mini Muffin &amp; Seasonal Fruit</p> <p><u>Lunch</u> Pepperoni Pizza with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Egg Salad with Crackers</p>
<p><b>15</b></p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Pasta &amp; Grilled Chicken in Light Butter with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p><b>16</b></p> <p><u>AM Snack</u> Waffles and Jelly with Seasonal Fruit</p> <p><u>Lunch</u> Chicken Chow Mein with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Breadsticks with Marinara</p>	<p><b>17</b></p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Indian Rice with Chickpeas with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Veggie Sticks with Ranch</p>	<p><b>18</b></p> <p><u>AM Snack</u> Nutri Grain Bar with Seasonal Fruit</p> <p><u>Lunch</u> Meat Lasagna with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Celery Sticks with Hummus Dip</p>	<p><b>19</b></p> <p><u>AM Snack</u> Zucchini Bread &amp; Seasonal Fruit</p> <p><u>Lunch</u> Grilled Chicken Burger with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Baked Veggie Straws with Avocado Dip</p>
<p><b>22</b></p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Pasta with Meat Sauce and Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p><b>23</b></p> <p><u>AM Snack</u> Mini Bagels with Cream Cheese &amp; Seasonal Fruit</p> <p><u>Lunch</u> Lemon Chicken Drumsticks with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Chex Mix</p>	<p><b>24</b></p> <p><u>AM Snack</u> Vanilla Yogurt with Seasonal Fruit</p> <p><u>Lunch</u> Chicken &amp; Veggie Pot Stickers with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Shelled Edamame</p>	<p><b>25</b></p> <p><u>AM Snack</u> Whole Grain Cereal with Seasonal Fruit</p> <p><u>Lunch</u> Baked Potato Skins with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Fresh Veggie Sticks with Ranch</p>	<p><b>26</b></p> <p><u>AM Snack</u> Mini Muffin &amp; Seasonal Fruit</p> <p><u>Lunch</u> Edamame &amp; Veggie Stir Fry with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Egg Salad with Crackers</p>
<p><b>29</b></p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Red Beans &amp; Rice with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p><b>30</b></p> <p><u>AM Snack</u> Waffles and Jelly with Seasonal Fruit</p> <p><u>Lunch</u> Sweet &amp; Sour Chicken with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Breadsticks with Marinara</p>	<p><b>31</b></p> <p><u>AM Snack</u> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><u>Lunch</u> Cheeseburger with Seasonal Veggies &amp; Fruit</p> <p><u>PM Snack</u> Veggie Sticks with Ranch</p>	<p>Most Entrees Cooked from Scratch Organic Produce Served when Possible, Conventional Produce Follows the "Shoppers Guide to Pesticides" Methodology to Reduce Potential Pesticide Exposures up to 92%</p> <p>We Feature Humanely Raised Meats Milk is Hormone &amp; Antibiotic Free Snack Rotation Subject to Change</p>	
<p>Breakfast Portion Grain/Bread: 1/2 slice, 1/2C, or .5 oz Fruit: 1/2C Milk: 3/4C or 1/2C &lt;2 yr Lunch Portion Meat/Alt 1.5 oz, Grain/Bread 1/2 slice or 1/4C, Veg &amp; Fruit (2 types) 1/2C total, Milk 3/4 cup or 1/2 cup &lt;2 yr PM Snack Portion Veg or Fruit 1/2C, Meat/Alt 1 oz or 1/4C Grain /Bread: 1/2 slice or 1/3C or .5oz</p>				