



Local Food Cycle Menu – Fall

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
M/MA:	👉 Chicken cordon bleu sandwich	Corndog	Spicy Meatballs	👉 Roast Turkey	Cheese pizza
Grain:	WG bun	Corndog breading	Spaghetti noodles	👉 WG dinner roll	👉 Pizza crust
Fruit:	👉 Cantaloupe	👉 Apple wedges	👉 Peaches	Craisins	👉 Watermelon
Veg:	Waffle fries	Baked beans	👉 Romaine Salad	👉 Mashed potatoes & green beans	Baby carrots

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
M/MA:	Rib Sandwich	👉 Chicken Fajita	👉 Hot Beef Sundae	Chicken Ramen	👉 Cheeseburger
Grain:	WG Bun	WG tortilla	👉 WG dinner roll	WG noodles	WG bun
Fruit:	👉 Applesauce	👉 Pear	Fruit cocktail	Pineapple	👉 Mixed berries
Veg:	👉 Corn on cob & calico beans	Stir fry vegetables	👉 Broccoli & Mashed Potatoes	Edamame(ramen) & 👉 salad	👉 Sweet potato fries

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
M/MA:	Country fried pork	White Chicken Chili	Walking taco (👉 hamburger)	Breaded Cheese Sticks	Easy Breakfast Bake
Grain:	👉 WG dinner roll	👉 Cornbread	WG chips	Breaded Cheese Sticks	👉 Biscuit
Fruit:	Tropical fruit blend	Banana	👉 Cantaloupe	Peaches	Grapes
Veg:	👉 Mashed potatoes & green beans	👉 Carrot sticks	👉 Corn & refried beans	Marinara & 👉 spinach salad	👉 Bell peppers, onions and potatoes in bake



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
M/MA:	👉 BBQ pulled pork	Chicken Enchilada	Orange chicken	👉 Ham	👉 Turkey melt
Grain:	WG bun	WG cilantro rice	WG rice	WG roll	WG Bun/bread
Fruit:	👉 Watermelon	👉 Peaches	Mandarin oranges	Fruit cup	👉 Apple
Veg:	👉 Roasted red potatoes & 👉 coleslaw	Refried beans & 👉 corn	👉 Spinach salad w/poppysseed dressing	👉 Au gratin potatoes & succotash	👉 3 bean salad & 👉 butternut squash soup

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
M/MA:	Philly Cheesesteak	Grilled ham & cheese	Chili (👉 hamburger)	Chicken nuggets	Gourmet Crispito
Grain:	WG Bun	WG bread	Cinnamon roll or cornbread	Apple Muffin	Tortilla
Fruit:	Banana	Peaches	Applesauce	Mixed fruit	orange
Veg:	👉 Sweet potato fries	👉 Cauliflower w/hummus	👉 Carrot & celery sticks	👉 Green bean fries	👉 Salad