



# October

# 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The USDA is an equal opportunity provider.            Water and low-fat milk are offered at every meal.            Menu is subject to change based on availability.            With questions or allergy concerns, please contact Maggie Lynch, Director of Nutrition Services at (508) 879-4420 x286 or maggielynch@metrowestymca.org</p>			1	2
5	6	7	8	9
Breakfast: WG Chex & pineapple Lunch: Turkey & cheese on WG bread, celery & apple Snack: WG wheat thins, carrots & hummus	Breakfast: WG Cheerios & mixed fruit Lunch: Snack pack! Yogurt, cheese cubes, soft pretzel, melon & cucumber Snack: WG tortilla & bean salsa	Breakfast: WG bagel, cream cheese & applesauce Lunch: Chicken Caesar salad WG wrap w/ orange slices Snack: Grapes & cheese stick	Breakfast: WG Kix & banana Lunch: Bean burrito bowl w/ brown rice, veggies & pear Snack: Sliced bell pepper, Ranch & WG triscuits	Breakfast: WG Raisin Bran & peaches Lunch: WG spaghetti & turkey meatballs, broccoli & clementine Snack: WG Goldfish & banana
12	13	14	15	16
Breakfast: WG Chex & pineapple Lunch: Ham & cheese on WG bun, green beans, clementine Snack: WG rice cake, raisins & sunbutter	Breakfast: WG Cheerios & mixed fruit cup Lunch: WG pasta salad w/ broccoli, onion, tomato, cheese stick & pear Snack: WG wheat thins, carrots & hummus	Breakfast: WG pancakes w/ syrup & applesauce Lunch: Turkey & cheese on WG bread, cherry tomatoes & melon Snack: Yogurt, berries & WG granola	Breakfast: WG Kix & banana Lunch: Hamburger on WG bun, grapes & cucumber Snack: WG pumpkin bread & orange slices	Breakfast: WG Raisin Bran & peaches Lunch: Make your own pizza on WG flatbread, sliced peppers & apple Snack: Banana oat bars
19	20	21	22	23
Breakfast: WG Chex & pineapple Lunch: Chili, WG combread & apple Snack: Grapes & cheese cubes	Breakfast: WG Cheerios & mixed fruit cup Lunch: Turkey, cheese & spinach pinwheel wrap w/ orange slices Snack: Pear & WG blueberry muffin	Breakfast: WG Bagel w/ cream cheese & applesauce Lunch: BBQ chicken sandwich w/ broccoli & craisin slaw Snack: WG wheat thins, carrots & hummus	Breakfast: WG Kix & banana Lunch: Snack Pack! Yogurt, cheese cubes, WG soft pretzel, pepper slices & melon Snack: WG tortilla chips & bean salsa	Breakfast: WG Raisin Bran & peaches Lunch: Chicken broccoli alfredo & apple Snack: WG Goldfish & banana
26	27	28	29	30
Breakfast: WG Chex & pineapple Lunch: Ham & cheese on WG bun w/ carrots & pear Snack: Green beans, Ranch & triscuits	Breakfast: WG Cheerios & mixed fruit cup Lunch: Sunbutter & jelly on WG bread, oranges & celery Snack: Strawberry yogurt, berries & WG granola	Breakfast: WG pancakes w/ syrup & applesauce Lunch: Butternut squash mac n cheese w/ grapes Snack: clementine & WG rice cake	Breakfast: WG Kix & banana Lunch: Turkey meatball sub on WG roll, cucumber & melon Snack: WG wheat thins, carrots & hummus	Breakfast: WG Raisin Bran & peaches Lunch: Make your own pizza on WG flatbread, sliced peppers & apple Snack: Banana oat bars