

MFCS Hernando County Menu October 2021

Kelly Urbanik RD, CSP, CNSC, LD/N

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk: 1% White milk offered at breakfast, lunch, and snack to all children over age 2. Whole milk offered to all children under age 1. Juice: 100% juice offered for all servings. Condiments: offered as needed.				
This institution is an equal opportunity provider. Menu Subject to Change.				
				1 Breakfast: Cereal, Banana, Milk Entrée: Meatloaf, Gravy, Mashed Potatoes, Mixed Vegetables, Peaches, Milk Snack: Whole Wheat Crackers, Tropical Fruit
4 Breakfast: Pancakes, Cinnamon Apples, Milk Entrée: Ham, Macaroni and Cheese, Broccoli, Apple Slice, Milk Snack: Cottage Cheese, Pineapple	5 Breakfast: Cheerios, Mandarin Oranges, Milk Entrée: Turkey Sandwich Oven Fries, Peaches, Milk Snack: Applesauce, Whole Grain Muffin	6 Breakfast: Sausage & Biscuit, Pineapples, Milk Entrée: Chicken Fajitas, Black Beans, Yellow Rice, Plantains, Whole Wheat Tortilla, Milk Snack: ½ Tukey Sandwich on Whole Wheat Bread	7 Breakfast: Corn Flakes, Strawberries, Milk Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Whole Wheat Bun, Milk Snack: Fresh Apple Slices, Yogurt Cup	8 <p style="text-align: center;">Teacher In-Service Day No School</p>
11 Breakfast: Pancakes, Pineapples, Milk Entrée: Chicken Stir Fry, Brown Rice Egg Roll, Apple Slice. Milk Snack: Whole Grain Fish Crackers, Applesauce	12 Breakfast: Blueberry Muffin, Pears, Milk Entrée: Chicken Nuggets, Mashed Potatoes, Green Beans, Pears, Milk Snack: Whole Grain Crackers, Orange Juice	13 Breakfast: Sausage & Biscuit, Orange Wedges, Milk Entrée: Corn Dogs, Oven Fries, Broccoli w/ Cheese, Pineapple, Milk Snack: Applesauce, Whole Grain Muffin	14 Breakfast: Whole Grain Bagel, Apple Slices, Milk Entrée: Rib B Q, Vegetable Medley, Peaches, Whole Grain Roll, Milk Snack: Sun Chips, Milk	15 Breakfast: Cereal, Mandarin Oranges, Milk Entrée: Cheese Pizza, Salad, Tropical Fruit, Milk Snack: Sliced Turkey, Fruit Cocktail
18 Breakfast: Whole Grain Waffle Sticks, Pineapples, Milk Entrée: Baked Sliced Ham, Vegetable Medley, Pears, Whole Wheat Roll, Milk Snack: Turkey, Sliced Cheese	19 Breakfast: Rice Crispy, Banana, Milk Entrée: Lasagna, Green Beans, Fruit Salad, Italian Bread, Milk Snack: Whole Grain Pita, Ham	20 Breakfast: Sausage Egg & Cheese Biscuit, Orange Slices, Milk Entrée: Pot Roast, Mashed Potatoes, Gravy, Peas, Carrots, Peaches, Whole Wheat Roll, Milk Snack: Whole Wheat Bread, Peanut Butter/Jelly	21 Breakfast: Banana Muffin, Cranberry Juice, Milk Entrée: Breaded Fish, Broccoli, Apple Slices, Cornbread, Milk Snack: Pears, Cottage Cheese	22 Breakfast: Cereal, Banana, Milk Entrée: Meatloaf, Gravy, Mashed Potatoes, Mixed Vegetables, Peaches, Milk Snack: Whole Wheat Crackers, Tropical Fruit
25 Breakfast: Pancakes, Cinnamon Apples, Milk Entrée: Ham, Macaroni and Cheese, Broccoli, Apple Slice, Milk Snack: Cottage Cheese, Pineapple	26 Breakfast: Cheerios, Mandarin Oranges, Milk Entrée: Turkey Sandwich Oven Fries, Peaches, Milk Snack: Applesauce, Whole Grain Muffin	27 Breakfast: Sausage & Biscuit, Pineapples, Milk Entrée: Chicken Fajitas, Black Beans, Yellow Rice, Plantains, Whole Wheat Tortilla, Milk Snack: ½ Tukey Sandwich on Whole Wheat Bread	28 Breakfast: Corn Flakes, Strawberries, Milk Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Whole Wheat Bun, Milk Snack: Fresh Apple Slices, Yogurt Cup	29 Breakfast: French Toast, Orange Juice, Milk Entrée: Cheese Pizza, Salad, Tropical Fruit, Milk Snack: Whole Grain Fish Crackers, Apple sauce