

HES Early Childhood Lunch Menu | October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1. Apple Juice Chicken Hot Dogs Whole Wheat buns Baked French Fries Coleslaw Fresh fruit	2. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
5. 1% Milk Fish Sticks Brown Rice Israeli Salad Whole Wheat Bread	6. Apple Juice schnitzel Mashed Potatoes Corn Fresh fruit	7. 1% Milk Baked Ziti (plain pasta available) eggs Cucumber Slices Whole Wheat Bread	8. Apple Juice Roasted Baked Chicken Couscous Carrots Fresh fruit	9. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
12. School Closed	13. Apple Juice Baked Chicken Nuggets Mashed Potato Corn Fresh fruit	14. 1% Milk Macaroni & Cheese Hard-boiled eggs Carrots Whole Wheat Bread	15. Apple Juice Hamburgers Whole Wheat buns Baked French Fries Coleslaw Fresh fruit	16. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
19. 1% Milk Cheese Ravioli Hard-Boiled eggs Carrots Whole Wheat Bread	20. Apple Juice Grilled Chicken Cutlets Whole Wheat Bread Couscous Israeli Salad Fresh fruit	21. 1% Milk Fish Sticks Brown Rice Israeli Salad _ Whole Wheat Bread	22. Apple Juice Turkey Meatballs Spaghetti Cucumber Slices Fresh fruit	23. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
26. 1% Milk Macaroni & Cheese Hard boiled eggs Carrots Whole Wheat Bread	27. Apple Juice Chicken Hot Dogs Whole Wheat buns Baked French Fries Coleslaw Fresh fruit	28. 1% Milk Egg salad Tuna salad Whole Wheat Bread Cucumber Slices Tomato slices	29. Apple Juice schnitzel Mashed Potatoes Corn Fresh fruit	30. _1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes

