

Encompass

October 2023 Lunch Menu

Aug 16, 2023

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
2 WGChicken&VeggEggRoll Assorted Vegetables Oranges Brown Rice Pilaf Sweet & Sour Sauce WhMilk-1 /Skim-2^	3 Beef Stroganoff Soup Cucumber Apple WGRCheezit Crackers WhMilk-1 /Skim-2^	4 BBQ Chicken Strips Peas Peaches WGRBreadstick WhMilk-1 /Skim-2^	5 BakePotBar (Ham/Cheese) Broccoli Canned Pears WGRDinnerroll Sour Cream WhMilk-1 /Skim-2^	6 3 Cheese WGRMacaroni Tomatoes Pears WhMilk-1 /Skim-2^
9 Sloppy Joes Tatertots Oranges WGR Hamburger Bun Ketchup WhMilk-1 /Skim-2^	10 ChickenVegQuinoaSoup Green Pepper Apple WGR Bread WhMilk-1 /Skim-2^	11 MeatballSpagSauW/GRRoll Mozzarella Cheese ItalianMixedVegetables Peaches WhMilk-1 /Skim-2^	12 ChickWgrWrap(UnBreadChx) Shredded Cheese Lettuce/Tomato/Broccoli Canned Pears Ranch Dressing WhMilk-1 /Skim-2^	13 BBQ Pork Pattie+ Corn Tropical Fruit WGR Bread WhMilk-1 /Skim-2^
16 LunchMeat&ChsWGRSandwich Cucumber Oranges Mayonnaise WhMilk-1 /Skim-2^	17 TurkeyVeg W/GNoodSoup Red-Yellow-Grn Peppers Apple WGR Bread WhMilk-1 /Skim-2^	18 Chicken Burger+ Parsley Potatoes Peaches WGR Hamburger Bun Ketchup WhMilk-1 /Skim-2^	19 Meatloaf + Broccoli Pears WGRDinnerroll WhMilk-1 /Skim-2^	20 Breaded Fish+ Peas & Carrots Cantaloupe WGR Bread Tartar Sauce WhMilk-1 /Skim-2^
23 BeefTatCassw/ Bean&Spina Oranges WGR Bread WhMilk-1 /Skim-2^	24 Chicken W/GR Noodle Soup Baby Carrots w/ Dip Granny Smith Apple WGR Bread WhMilk-1 /Skim-2^	25 Chicken N Gravy Mashed Potatoes Grapes WGRBreadstick WhMilk-1 /Skim-2^	26 Ham & Cheese Omelette Cherry Tomatoes Canned Pears WGR Muffins WhMilk-1 /Skim-2^	27 Hamburger+ Baked Beans Tropical Fruit WGR Hamburger Bun Ketchup WhMilk-1 /Skim-2^
30 WholeGrBreadChicken+ Yellow Beans Oranges WGR Bread Ranch Dressing WhMilk-1 /Skim-2^	31 SmorgasofEntrees,Veg/Frt Variety of Items FrshorCanVegandFruit WGR Bread WhMilk-1 /Skim-2^			

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.