



PARKER-CHASE

Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Pancakes, Fruit, Milk</p> <p>Cheese-Itz, Apple slices</p> <p>Beef Macaroni, Carrots, Mango, Milk</p> <p>Graham Crackers, Sun Butter</p>	<p>2 Cereal, fruit, milk</p> <p>Pita, hummus</p> <p>Turkey and cheese wraps, pineapple, Salad w/ Italian dressing, milk</p> <p>Tortilla Chips and salsa</p>	<p>3 Cheese Toast, fruit, milk</p> <p>Yogurt, mixed berries</p> <p>BBQ Chicken Sandwiches, green beans, strawberry, milk</p> <p>Pretzels, sliced cheese</p>	<p>4 Bagels, fruit, milk</p> <p>Cinnamon cream cheese bake, Apple slices</p> <p>Chicken pasta salad, diced pears, peas, milk</p> <p>Celery,</p>	<p>5 Cereal, fruit, milk</p> <p>Crackers, sunbutter</p> <p>Cheese Pizza, peaches, green beans, milk</p> <p>Frozen Yogurt, Graham Crackers</p>
<p>8 Pancakes, fruit, milk</p> <p>Graham crackers, sliced apples</p> <p>Chicken alfredo, Broccoli, Mandarin, milk</p> <p>Celery, ranch</p>	<p>9 Cereal, fruit, milk</p> <p>Crackers, Sun butter</p> <p>Chicken nuggets, mashed potatoes, mango, milk</p> <p>Wheat thins and cream cheese</p>	<p>10 pancakes, fruit, milk</p> <p>Graham crackers, cream cheese</p> <p>Meatball subs, mixed vegetables, sliced apples, milk</p> <p>Animal crackers, banana</p>	<p>11 Oatmeal, fruit, milk</p> <p>Cucumbers, ranch</p> <p>Chicken soft tacos, black beans, mangos, milk</p> <p>Breadsticks, marinara</p>	<p>12 Cereal, fruit, milk</p> <p>Ritz crackers, cheese slices</p> <p>Chicken sandwiches, peas, pineapple, milk</p> <p>Spinach dip, pita</p>
<p>15 French toast, fruit, milk</p> <p>Pita, apple butter</p> <p>BBQ Meatballs, mixed vegetables, mangos, milk</p> <p>Goldfish, fruit</p>	<p>16 Cereal, fruit, milk</p> <p>Bananas, sunbutter</p> <p>Cheese Pizza, peaches, green beans, milk</p> <p>Animal Crackers, Apple Sauce</p>	<p>17 Blueberry Bagels, Cream cheese, milk</p> <p>Yogurt, mixed berries</p> <p>Cheese tortellini, broccoli, dices pears, milk</p> <p>Cucumbers, Ranch</p>	<p>18 Waffles, fruit, milk</p> <p>Graham crackers, applesauce</p> <p>Baked ziti, carrots, mixed fruit, milk</p> <p>Pretzels, cheese sauce</p>	<p>19 Cereal, fruit, milk</p> <p>Goldfish, fruit</p> <p>TLC wraps, salad with italian dressing, pineapple, milk</p> <p>Hummus, pita</p>
<p>22 Cheese toast, fruit, milk</p> <p>Graham crackers, cream cheese</p> <p>Cheese tortellini, broccoli, dices pears, milk</p> <p>Animal Crackers, bananas</p>	<p>23 Cereal, Fruit, milk</p> <p>Yogurt, blueberries</p> <p>Vegetable noodle soup, mandarin oranges, milk</p> <p>Pita, sunbutter</p>	<p>24 Pancakes, fruit, milk</p> <p>Ritz crackers, cheese slices</p> <p>Cheeseburgers, green beans, mango milk</p> <p>Celery, ranch</p>	<p>25 Bagels, fruit, milk</p> <p>Pita, apple butter</p> <p>Baked ziti, carrots, mixed fruit, milk</p> <p>Wheat thins, cream cheese</p>	<p>26 Cereal, fruit, milk</p> <p>Graham crackers, applesauce</p> <p>Chicken nuggets, mashed potatoes, bananas, milk</p> <p>Goldfish, fresh fruit</p>
<p>29</p> <p>CLOSED IN OBSERVANCE OF MEMORIAL DAY</p>	<p>30 French Toast, Fruit, Milk</p> <p>Cheese-Itz, Apple slices</p> <p>Chicken and cheese tacos, salad with italian dressing, pineapple, milk</p> <p>Graham Crackers, Cream Cheese</p>	<p>31 Cereal, fruit, milk</p> <p>Cinnamon cream cheese bake, Apple slices</p> <p>Vegetable fried rice, Green beans, sliced oranges Milk</p> <p>Chips and salsa</p>		<p>Infants - 24 months will be served Whole Milk. Children 24 months and up will be served 1% Milk.</p> <p>Milk is served with Breakfast and Lunch. Water is served with all snacks.</p> <p>Whole grains are served daily. We do not serve Pork or Seafood products in our program.</p> <p>For the safety of all children, we do not allow outside food to be brought in.</p>



PARKER-CHASE

West Cobb April Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Homemade muffins, Fruit, Milk</p> <p>Cheese-Itz, Apple slices</p> <p>Beef Macaroni, Carrots, Mango, Milk</p> <p>Graham Crackers, Cream Cheese</p>	<p>4 Cereal, fruit, milk</p> <p>Cinnamon cream cheese bake, Apple slices</p> <p>Vegetable fried rice, Green beans, sliced oranges Milk</p> <p>Chips and salsa</p>	<p>5 Cheese Toast, fruit, milk</p> <p>Yogurt, mixed berries</p> <p>BBQ Chicken, green beans, pineapple, milk</p> <p>Pretzels, sliced cheese</p>	<p>6 Cereal, fruit, milk</p> <p>pita , apple butter</p> <p>Chicken pasta salad, diced pears, peas, milk</p> <p>Celery, Ranch</p>	<p>7 Bagels, fruit, milk</p> <p>Bananas, sunbutter</p> <p>Sloppy joes, peaches, mixed vegetables, milk</p> <p>Frozen Yogurt, Graham Crackers</p>
<p>10 Oatmeal, fruit, milk</p> <p>Graham crackers, Banana</p> <p>Turkey Macaroni, Broccoli, Mandarin, milk</p> <p>Celery, ranch</p>	<p>11 Cereal, fruit, milk</p> <p>Yogurt, crisp rice</p> <p>Bean burritos, corn, mangos, milk</p> <p>Pita, hummus</p>	<p>12 pancakes, fruit, milk</p> <p>Graham crackers, cream cheese</p> <p>Meatball subs, mixed vegetables, sliced apples, milk</p> <p>Animal crackers, banana</p>	<p>13 Cereal, fruit, milk</p> <p>Cucumbers, ranch</p> <p>Grilled chicken sandwiches, carrots, bananas, milk</p> <p>Breadsticks, marinara</p>	<p>14 Waffles, fruit, milk</p> <p>Ritz crackers, cheese slices</p> <p>Cheese pizza, peas, pineapple, milk</p> <p>Spinach dip, pita</p>
<p>17 French toast, fruit, milk</p> <p>Pita, apple butter</p> <p>Chicken soft tacos, black beans, mangos, milk</p> <p>Goldfish, fruit</p>	<p>18 Cereal, fruit, milk</p> <p>Bananas, sunbutter</p> <p>Chicken Alfredo Pasta, Peas, Peaches, milk</p> <p>Animal Crackers, Apple Sauce</p>	<p>19 Blueberry Bagels, Cream cheese, milk</p> <p>Yogurt, mixed berries</p> <p>Chili mac, green beans, apple sauce, milk</p> <p>Cucumbers, Ranch</p>	<p>20 Cereal, fruit, milk</p> <p>Graham crackers, applesauce</p> <p>Chicken nuggets, mashed potatoes, mandarins, milk</p> <p>Pretzels, cheese slices</p>	<p>21 Waffles, fruit, milk</p> <p>Apples, sunbutter</p> <p>TLC wraps, green beans, pineapple, milk</p> <p>Hummus, pita</p>
<p>24 Cheese toast, fruit, milk</p> <p>Graham crackers, cream cheese</p> <p>Vegetable noodle soup, sliced oranges, milk</p> <p>Animal Crackers, bananas</p>	<p>25 Cereal, Fruit, milk</p> <p>Yogurt, blueberries</p> <p>Cheese tortellini, broccoli, dices pears, milk</p> <p>Pita, sunbutter</p>	<p>26 Homemade Muffins, fruit, milk</p> <p>Ritz crackers, cheese slices</p> <p>BBQ Meatballs, mixed vegetables, mangos, milk</p> <p>Celery, ranch</p>	<p>27 Cereal, fruit, milk</p> <p>Pita, apple butter</p> <p>Baked ziti, carrots, mixed fruit, milk</p> <p>Wheat thins, cream cheese</p>	<p>28 Oatmeal, fruit, milk</p> <p>Graham crackers, applesauce</p> <p>Chicken nuggets, mashed potatoes, bananas, milk</p> <p>Goldfish, fresh fruit</p>

Infants - 24 months will be served Whole Milk. Children 24 months and up will be served 1% Milk. Milk is served with Breakfast and Lunch. Water is served with all snacks.

Whole grains are served daily.

We do not serve Pork or Seafood products in our program.

For the safety of all children, we do not allow outside food to be brought in.



PARKER-CHASE

West Cobb March Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27 Cereal, Fruit, Mild</p> <p>Cottage Cheese, Strawberries</p> <p>Whole Grain Beef Tacos, Lettuce, Shredded Cheese, Black Beans, Mild Salsa, Applesauce</p> <p>Graham Crackers, Banana</p>	<p>28 Grits, Apples, Milk</p> <p>Crackers, Sunbutter</p> <p>Vegetable Soup, Mandarin Oranges, and Milk</p> <p>Tortilla Chips, Salsa</p>	<p>1 Cereal, Fruit, Milk</p> <p>Graham Crackers, Sunbutter</p> <p>Macaroni Beef, Carrots, Peaches, Milk</p> <p>Pretzels, Sliced Cheese</p>	<p>2 Waffles, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>BBQ Meatballs, Green Beans, Mixed Fruit, Milk</p> <p>Cheese Sticks, Marinara</p>	<p>3 Cereal, Fruit, Milk</p> <p>Animal Crackers, Apple Sauce</p> <p>Chicken Nuggets, Mashed Potatoes, Bananas, Milk</p> <p>Fresh Fruit, Crackers</p> <p>Frozen Go-Gurt Birthday</p>
<p>6 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Whole Grain Chicken Tacos, Lettuce, Shredded Cheese, Black Beans, Mild Salsa, Pineapple</p> <p>Apple slices, Sunbutter</p>	<p>7 Oatmeal, Blueberries, Milk</p> <p>Crackers, Sunbutter</p> <p>Cheese Pizza, Broccoli, Applesauce, Milk</p> <p>Graham Cracker, Apple Sauce</p>	<p>8 Bagel, Cream cheese, Milk</p> <p>Cucumbers, Ranch</p> <p>Macaroni Beef, and Sliced Apples, Milk</p> <p>Spinach Dip, Pita Bread</p>	<p>9 Cereal, Fruit, Milk</p> <p>Tortilla Chips, Salsa</p> <p>Chicken Nuggets, Mashed Potatoes, Peaches, Milk</p> <p>Wheat Thins, Cheese Slices</p>	<p>10 Waffles, Berries, Milk</p> <p>Animal Crackers, Applesauce</p> <p>Chicken Noodle Casserole, Carrots, Apple Sauce</p> <p>Fresh fruit, Crackers</p>
<p>13 Cereal, Fruit, Milk</p> <p>Cottage Cheese, Strawberries</p> <p>Chicken Salad Wraps, Mixed Fruit, and Milk</p> <p>Graham Crackers, Banana</p>	<p>14 Grits, Strawberries, Milk</p> <p>Pita, Apple Butter</p> <p>Vegetable Fried Rice, Broccoli, Mandarin Oranges, Milk</p> <p>Tortilla Chips, Salsa</p>	<p>15 Cheese Toast, Banana, Milk</p> <p>Sliced Apples, Sunbutter</p> <p>BBQ Meatballs, Smashed Potatoes, Mango, Milk</p> <p>Bread Sticks, Marinara</p>	<p>16 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>White Chicken Chili, Oranges, and Milk</p> <p>Pretzels, Cheese Slices</p>	<p>17 Pancakes, Berries, Milk</p> <p>Apples, Sunbutter</p> <p>BBQ Chicken, Mixed Vegetables, Peaches, and Milk</p> <p>Fresh fruit, Crackers</p>
<p>20 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Mac N Cheese, Mixed Vegetables, Apple Sauce, Milk</p> <p>Wheat Thins, Sun Butter</p>	<p>21 Oatmeal, Peaches, Milk</p> <p>Hummus, Pita</p> <p>Cheesy Tortellini, Broccoli, Banana, Milk</p> <p>Cucumber, Ranch</p>	<p>22 Homemade Muffins, Strawberries, Milk</p> <p>Celery, Ranch</p> <p>Cheeseburgers, Green Beans, Mango, Milk</p> <p>Hummus, Pita Bread</p>	<p>23 Cereal, Fruit, Milk</p> <p>Ritz Crackers and Sunbutter</p> <p>Chicken Alfredo, Peas, Strawberries, and Milk</p> <p>Graham Crackers and Sunbutter</p>	<p>24 French Toast, Berries, Milk</p> <p>Apples, Sliced Cheese</p> <p>Turkey Cheese Lettuce Wraps, Peas, Mandarin Oranges, Milk</p> <p>Fresh fruit, Crackers</p>
<p>27 Cereal, Fruit, Mild</p> <p>Cottage Cheese, Strawberries</p> <p>Whole Grain Beef Tacos, Lettuce, Shredded Cheese, Black Beans, Mild Salsa, Applesauce</p> <p>Graham Crackers, Banana</p>	<p>28 Grits, Apples, Milk</p> <p>Crackers, Sunbutter</p> <p>Vegetable Soup, Mandarin Oranges, and Milk</p> <p>Tortilla Chips, Salsa</p>	<p>Meal Time Reminders: Infants - 24 months will be served Whole Milk. 24 months and up will be served 1% Milk. Milk is served with Breakfast and Lunch. Chilled water is served most snacks. Whole grains are served daily. For the safety of all children, we do not allow outside food to be brought in.</p>		



PARKER-CHASE

West Cobb February Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 Cereal, Fruit, Milk</p> <p>Cottage Cheese, Strawberries</p> <p>Whole Grain Beef Tacos, Lettuce, Shredded Cheese, Black Beans, Mild Salsa, Applesauce</p> <p>Fig Bars</p>	<p>31 Grits, Fruit, Milk</p> <p>Crackers, Sunbutter</p> <p>Tomato Soup, Grilled Cheese, Mandarin Oranges, Milk</p> <p>Tortilla Chips, Salsa</p>	<p>1 Homemade Muffins, Blueberries, Milk</p> <p>Sliced Apples, Sunbutter</p> <p>Swedish Meatballs, Green Beans, Mixed Fruit, Milk</p> <p>Bread Sticks, Marinara</p>	<p>2 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Chicken Pot Pie Casserole, Green Beans, Banana, Milk</p> <p>Pretzels, Cheese Slices</p>	<p>3 French Toast, Berries, Milk</p> <p>Apples, Sliced Cheese</p> <p>Grilled Chicken Sandwiches on Whole Wheat Bun, Peas, Mandarin Oranges, Milk</p> <p>Frozen Go-Gurt Birthday</p>
<p>6 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Whole Grain Chicken Tacos, Lettuce, Shredded Cheese, Black Beans, Mild Salsa, Pineapple</p> <p>Apple slices, Sunbutter</p>	<p>7 Oatmeal, Blueberries, Milk</p> <p>Crackers, Sunbutter</p> <p>Cheese Pizza, Broccoli, Applesauce, Milk</p> <p>Graham Cracker, Apple Sauce</p>	<p>8 Bagel, Cream cheese, Milk</p> <p>Cucumbers, Ranch</p> <p>Macaroni Beef, and Sliced Apples, Milk</p> <p>Spinach Dip, Pita Bread</p>	<p>9 Cereal, Fruit, Milk</p> <p>Tortilla Chips, Salsa</p> <p>Chicken Nuggets, Mashed Potatoes, Peaches, Milk</p> <p>Wheat Thins, Cheese Slices</p>	<p>10 Waffles, Berries, Milk</p> <p>Animal Crackers, Applesauce</p> <p>Chicken Noodle Casserole, Carrots, Apple Sauce</p> <p>Fresh fruit, Crackers</p>
<p>13 Cereal, Fruit, Milk</p> <p>Cottage Cheese, Strawberries</p> <p>Chicken Salad Wraps, Mixed Fruit, and Milk</p> <p>Graham Crackers, Banana</p>	<p>14 Grits, Strawberries, Milk</p> <p>Pita, Apple Butter</p> <p>Vegetable Fried Rice, Broccoli, Mandarin Oranges, Milk</p> <p>Tortilla Chips, Salsa</p>	<p>15 Cheese Toast, Banana, Milk</p> <p>Sliced Apples, Sunbutter</p> <p>BBQ Meatballs, Smashed Potatoes, Mango, Milk</p> <p>Bread Sticks, Marinara</p>	<p>16 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>White Chicken Chili, Oranges, and Milk</p> <p>Pretzels, Cheese Slices</p>	<p>17 Pancakes, Berries, Milk</p> <p>Apples, Sunbutter</p> <p>BBQ Chicken, Mixed Vegetables, Peaches, and Milk</p> <p>Fresh fruit, Crackers</p>
<p>20 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Mac N Cheese, Mixed Vegetables, Apple Sauce, Milk</p> <p>Wheat Thins, Sun Butter</p>	<p>21 Oatmeal, Peaches, Milk</p> <p>Hummus, Pita</p> <p>Cheesy Tortellini, Broccoli, Banana, Milk</p> <p>Cucumber, Ranch</p>	<p>22 Homemade Muffins, Strawberries, Milk</p> <p>Celery, Ranch</p> <p>Cheeseburgers, Green Beans, Mango, Milk</p> <p>Hummus, Pita Bread</p>	<p>23 Cereal, Fruit, Milk</p> <p>Ritz Crackers and Sunbutter</p> <p>Chicken Alfredo, Peas, Strawberries, and Milk</p> <p>Graham Crackers and Sunbutter</p>	<p>24 French Toast, Berries, Milk</p> <p>Apples, Sliced Cheese</p> <p>Turkey Cheese Lettuce Wraps, Peas, Mandarin Oranges, Milk</p> <p>Fresh fruit, Crackers</p>
<p>27 Cereal, Fruit, Mild</p> <p>Cottage Cheese, Strawberries</p> <p>Whole Grain Beef Tacos, Lettuce, Shredded Cheese, Black Beans, Mild Salsa, Applesauce</p> <p>Graham Crackers, Banana</p>	<p>28 Grits, Apples, Milk</p> <p>Crackers, Sunbutter</p> <p>Vegetable Soup, Mandarin Oranges, and Milk</p> <p>Tortilla Chips, Salsa</p>	<p>Meal Time Reminders: Infants - 24 months will be served Whole Milk. 24 months and up will be served 1% Milk. Milk is served with Breakfast and Lunch. Chilled water is served most snacks. Whole grains are served daily. For the safety of all children, we do not allow outside food to be brought in.</p>		



PARKER-CHASE

West Cobb January Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
School Closed	3 Grits, Diced Pears, Milk Hummus, Pita Cheese Pizza, Broccoli, Applesauce, Milk Cucumber, Ranch	4 Blueberry Muffins, Milk Sliced Apples, Sunbutter Taco Soup, Salad, Mixed Fruit, Milk Bread Sticks, Marinara	5 Cereal, Fruit, Milk Yogurt, Mixed Berries Chicken Nuggets, Mixed Vegetables, Banana, Milk Pretzels, Cheese Slices	6 French Toast, Berries, Milk Apples, Sliced Cheese BBQ Chicken Sandwich on Whole Wheat Bun, Peas, Mandarin Oranges, Milk Nutri Grain Bars
9 Cereal, Fruit, Milk Yogurt, Mixed Berries Whole Grain Beef Tacos, Lettuce, Shredded Cheese, Black Beans, Mild Salsa, Pineapple Fig Bars	10 Oatmeal, Blueberries, Milk Crackers, Sunbutter Cheese Tortellini with Marinara, Broccoli, Banana, Milk Graham Cracker, Apple Sauce	11 Bagel, Cream cheese, Milk Celery, Ranch Baked Ziti with Meat Sauce, Italian Salad, Sliced Apples, Milk Spinach Dip, Pita Bread	12 Cereal, Fruit, Milk Tortilla Chips, Salsa Chicken and Mixed Vegetable Casserole, Mashed Potatoes, Peaches, Milk Wheat Thins, Cheese Slices	13 Waffles, Berries, Milk Animal Crackers, Applesauce Cheese Burger Whole Grain Bun, Carrots, Apple Sauce Strawberry Chex Mix
School Closed	17 Grits, Strawberries, Milk Pita, Apple Butter Vegetable Soup, Mandarin Oranges, Milk Tortilla Chips, Salsa	18 Cheese Toast, Banana, Milk Sliced Apples, Sunbutter BBQ Meatballs, Smashed Potatoes, Mango, Milk Bread Sticks, Marinara	19 Cereal, Fruit, Milk Yogurt, Mixed Berries Chicken Stir Fry, Green Beans, Slice Oranges, Milk Pretzels, Cheese Slices	20 Pancakes, Berries, Milk Apples, Sliced Cheese Chicken Sandwiches on Whole Grain Bun, Mixed Vegetables, Peaches Goldfish
23 Cereal, Fruit, Milk Yogurt, Mixed Berries Whole Grain Chicken Salad Wraps, Mixed Vegetables, Bananas, Milk Apples, Sliced Cheese	24 Oatmeal, Peaches, Milk Hummus, Pita Vegetable Fried Rice Broccoli, Applesauce, Milk Cucumber, Ranch	25 Blueberry Muffins, Milk Celery, Ranch Chili Mac, Green Beans, Mango, Milk Spinach Dip, Pita Bread	26 Cereal, Fruit, Milk Yogurt, Mixed Berries Chicken and Broccoli Alfredo, Broccoli, Banana, Milk Pretzels, Cheese Slices	27 French Toast, Berries, Milk Apples, Sliced Cheese BBQ Chicken Sandwich on Whole Wheat Bun, Peas, Mandarin Oranges, Milk Nutri Grain Bars
30 Cereal, Fruit, Milk Cottage Cheese, Strawberries Whole Grain Beef Tacos, Lettuce, Shredded Cheese, Black Beans, Mild Salsa, Applesauce Fig Bars	31 Grits, Banana, Milk Crackers, Sunbutter Tomato Soup, Grilled Cheese, Mandarin Oranges, Milk Tortilla Chips, Salsa	Meal Time Reminders: Infants - 24 months will be served Whole Milk. 24 months and up will be served 1% Milk. Milk is served with Breakfast and Lunch. Chilled water is served most snacks. Whole grains are served daily. For the safety of all children, we do not allow outside food to be brought in.		



PARKER-CHASE

West Cobb December Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>28 Cereal, Fruit, and Milk</p> <p>Cottage Cheese and Strawberries</p> <p>Whole Grain Chicken Salad Wraps, Mixed Vegetables, Bananas, and Milk</p> <p>Apples and Cheese slices</p>	<p>29 Grits, Diced Pears, Milk</p> <p>Hummus, Pita</p> <p>Vegetable Fried Rice, Broccoli, Mandarin Oranges, and Milk</p> <p>Cucumber, Ranch</p>	<p>30 Blueberry Muffins, Milk</p> <p>Sliced Apples, Sunbutter</p> <p>Swedish Meatballs, Green Beans, Mixed Fruit, Milk</p> <p>Bread Sticks, Marinara</p>	<p>1 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Chicken & Cheese Quesadillas, Mixed Vegetables, Banana, Milk</p> <p>Pretzels, Cheese Slices</p>	<p>2 French Toast, Berries, Milk</p> <p>Apples, Sliced Cheese</p> <p>Grilled Chicken Sandwiches on Whole Wheat Bun, Peas, Mandarin Oranges, Milk</p> <p>Nutri Grain Bars</p>
<p>5 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Whole Grain Chicken Tacos, Lettuce, Shredded Cheese, Black Beans, Mild Salsa, Pineapple</p> <p>Fig Bars</p>	<p>6 Oatmeal, Blueberries, Milk</p> <p>Crackers, Sunbutter</p> <p>Red Beans and Rice, Broccoli, Banana, Milk</p> <p>Graham Cracker, Apple Sauce</p>	<p>7 Bagel, Cream cheese, Milk</p> <p>Celery, Ranch</p> <p>Taco Soup, and Sliced Apples, Milk</p> <p>Spinach Dip, Pita Bread</p>	<p>8 Cereal, Fruit, Milk</p> <p>Tortilla Chips, Salsa</p> <p>Chicken Nuggets, Mashed Potatoes, Peaches, Milk</p> <p>Wheat Thins, Cheese Slices</p>	<p>9 Waffles, Berries, Milk</p> <p>Animal Crackers, Applesauce</p> <p>BBQ Chicken Sandwiches, Carrots, Apple Sauce</p> <p>Strawberry Chex Mix</p>
<p>12 Cereal, Fruit, Milk</p> <p>Cottage Cheese, Strawberries</p> <p>Shepherd's Pie, Mixed Fruit, and Milk</p> <p>Graham Crackers, Banana</p>	<p>13 Grits, Strawberries, Milk</p> <p>Pita, Apple Butter</p> <p>Tomato Soup and Grilled Cheese, Mandarin Oranges, and Milk</p> <p>Tortilla Chips, Salsa</p>	<p>14 Cheese Toast, Banana, Milk</p> <p>Sliced Apples, Sunbutter</p> <p>BBQ Meatballs, Smashed Potatoes, Mango, Milk</p> <p>Bread Sticks, Marinara</p>	<p>15 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>White Chicken Chili, Oranges, and Milk</p> <p>Pretzels, Cheese Slices</p>	<p>16 Pancakes, Berries, Milk</p> <p>Apples, Sliced Cheese</p> <p>Baked Ziti, Mixed Vegetables, Peaches, and Milk</p> <p>Goldfish, and Juice</p>
<p>19 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Mac N Cheese with Turkey Bacon Pieces, Mixed Vegetables, Bananas, Milk</p> <p>Apples, Sliced Cheese</p>	<p>20 Oatmeal, Peaches, Milk</p> <p>Hummus, Pita</p> <p>Cheesy Tortellini, Broccoli, Applesauce, Milk</p> <p>Cucumber, Ranch</p>	<p>21 Blueberry Muffins, Milk</p> <p>Celery, Ranch</p> <p>Cheeseburgers, Green Beans, Mango, Milk</p> <p>Spinach Dip, Pita Bread</p>	<p>22 Cereal, Fruit, Milk</p> <p>Sliced Apples and Sunbutter</p> <p>Chicken Alfredo, Peas, Strawberries, and Milk</p> <p>Graham Crackers and Sunbutter</p>	<p>23</p> <p>CLOSED</p>
<p>26</p> <p>CLOSED</p>	<p>27 Grits, Banana, Milk</p> <p>Crackers, Sunbutter</p> <p>Vegetable Soup, Mandarin Oranges, and Milk</p> <p>Tortilla Chips, Salsa</p>	<p>28 Bagel, Cream cheese, Milk</p> <p>Sliced Apples, Sunbutter</p> <p>Chicken & Broccoli Stir Fry, Apple Slices, and Milk</p> <p>Bread Sticks, Marinara</p>	<p>29 Cheese Toast, Bananas, and Milk</p> <p>Goldfish and Juice</p> <p>Chicken Sandwiches, Carrots, Blueberries, and Milk</p> <p>Wheat thins and cream cheese</p>	<p>30 Cereal, Fruit, and Milk</p> <p>Toast and Apple Butter</p> <p>Chili, Strawberries, and Milk</p> <p>Pretzels and Cheese Sauce</p>



PARKER-CHASE

West Cobb November Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31 Cereal, Fruit, Milk</p> <p>Cottage Cheese, Pineapples</p> <p>Whole Grain Chicken Salad Wraps, Mixed Vegetables, Bananas, Milk</p> <p>Apples, Sliced Cheese</p>	<p>1 Grits, Diced Pears, Milk</p> <p>Hummus, Pita</p> <p>Cheese Pizza, Broccoli, Applesauce, Milk</p> <p>Cucumber, Ranch</p>	<p>2 Blueberry Muffins, Milk</p> <p>Sliced Apples, Sunbutter</p> <p>Swedish Meatballs, Green Beans, Mixed Fruit, Milk</p> <p>Bread Sticks, Marinara</p>	<p>3 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Chicken Nuggets, Mixed Vegetables, Banana, Milk</p> <p>Pretzels, Cheese Slices</p>	<p>4 French Toast, Berries, Milk</p> <p>Apples, Sliced Cheese</p> <p>BBQ Chicken Sandwich on Whole Wheat Bun, Peas, Mandarin Oranges, Milk</p> <p>Nutri Grain Bars</p>
<p>7 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Whole Grain Beef Tacos, Lettuce, Shredded Cheese, Black Beans, Mild Salsa, Pineapple</p> <p>Fig Bars</p>	<p>8 Oatmeal, Blueberries, Milk</p> <p>Crackers, Sunbutter</p> <p>Cheese Tortellini with Marinara, Broccoli, Banana, Milk</p> <p>Graham Cracker, Apple Sauce</p>	<p>9 Bagel, Cream cheese, Milk</p> <p>Celery, Ranch</p> <p>Baked Ziti with Meat Sauce, Italian Salad, Sliced Apples, Milk</p> <p>Spinach Dip, Pita Bread</p>	<p>10 Cereal, Fruit, Milk</p> <p>Tortilla Chips, Salsa</p> <p>Chicken and Mixed Vegetable Casserole, Mashed Potatoes, Peaches, Milk</p> <p>Wheat Thins, Cheese Slices</p>	<p>11 Waffles, Berries, Milk</p> <p>Animal Crackers, Applesauce</p> <p>Sloppy Joe on Whole Grain Bun, Carrots, Apple Sauce</p> <p>Strawberry Chex Mix</p>
<p>14 Cereal, Fruit, Milk</p> <p>Cottage Cheese, Strawberries</p> <p>Turkey and Cheese Wraps, Italian Salad, Mixed Fruit</p> <p>Graham Crackers, Banana</p>	<p>15 Grits, Strawberries, Milk</p> <p>Pita, Apple Butter</p> <p>Vegetable Fried Rice, Broccoli, Mandarin Oranges, Milk</p> <p>Tortilla Chips, Salsa</p>	<p>16 Cheese Toast, Banana, Milk</p> <p>Sliced Apples, Sunbutter</p> <p>BBQ Meatballs, Smashed Potatoes, Mango, Milk</p> <p>Bread Sticks, Marinara</p>	<p>17 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Chicken and Rice, Green Beans, Slice Oranges, Milk</p> <p>Pretzels, Cheese Slices</p>	<p>18 Pancakes, Berries, Milk</p> <p>Apples, Sliced Cheese</p> <p>Chicken Sandwiches on Whole Grain Bun, Mixed Vegetables, Peaches</p> <p>Goldfish</p>
<p>21 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Whole Grain Chicken Salad Wraps, Mixed Vegetables, Bananas, Milk</p> <p>Apples, Sliced Cheese</p>	<p>22 Oatmeal, Peaches, Milk</p> <p>Hummus, Pita</p> <p>Cheese Pizza, Broccoli, Applesauce, Milk</p> <p>Cucumber, Ranch</p>	<p>23 Blueberry Muffins, Milk</p> <p>Celery, Ranch</p> <p>Chili Mac, Green Beans, Mango, Milk</p> <p>Spinach Dip, Pita Bread</p>	<p>CLOSED November 24th & 25th in Observance of Thanksgiving</p> <p>Meal Time Reminders: Infants - 24 months will be served Whole Milk. 24 months and up will be served 1% Milk. Milk is served with Breakfast and Lunch. Chilled water is served most snacks. Whole grains are served daily. For the safety of all children, we do not allow outside food to be brought in.</p>	
<p>28 Cereal, Fruit, Milk</p> <p>Cottage Cheese, Strawberries</p> <p>Whole Grain Beef Tacos, Lettuce, Shredded Cheese, Black Beans, Mild Salsa, Applesauce</p> <p>Fig Bars</p>	<p>29 Grits, Banana, Milk</p> <p>Crackers, Sunbutter</p> <p>Vegetable Fried Rice, Broccoli, Mandarin Oranges, Milk</p> <p>Tortilla Chips, Salsa</p>	<p>30 Bagel, Cream cheese, Milk</p> <p>Sliced Apples, Sunbutter</p> <p>Swedish Meatballs, Green Beans, Apple Slices, Milk</p> <p>Bread Sticks, Marinara</p>		



PARKER-CHASE

West Cobb October Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Cereal, Fruit, Milk</p> <p>Celery, Sunbutter</p> <p>Tuna Salad Sandwich, Lettuce, Mangos, Milk</p> <p>Pretzels, Sliced Cheese</p>	<p>4 Bagels, Strawberries, Cream Cheese</p> <p>Fruit Bars, Milk</p> <p>Whole Grain Cheese Quesadilla, Corn, Mangos, Milk</p> <p>Tortilla Chips and Salsa</p>	<p>5 Blueberry Muffins, Milk</p> <p>Sliced Apples, Sunbutter</p> <p>Whole Grain Cheese Pizza, Peas, Pears, Milk</p> <p>Fig Bars, Milk</p>	<p>6 Yogurt, Bananas, Milk</p> <p>Cucumbers, Ranch, Saltine Crackers</p> <p>Whole Grain Meatball Sandwiches, Baked Beans, Pineapples, Milk</p> <p>Chex Mix Juice</p>	<p>7 Cereal, Fruit, Milk</p> <p>Animal Crackers, Apple Sauce</p> <p>Whole Grain Turkey Mac N' Cheese, Cucumbers, Sliced Oranges</p> <p>Spinach Dip, Club Crackers</p>
<p>10 Cereal, Fruit, Milk</p> <p>Yogurt, Mixed Berries</p> <p>Whole Grain Sunbutter and Jelly Sandwiches, Cucumbers, Peaches, Milk</p> <p>Graham Crackers, Applesauce</p>	<p>11 Bagels, Strawberries, Cream Cheese</p> <p>Fruit Bars, Milk</p> <p>Chicken Nuggets, Carrots, Whole Grain Rolls, Mixed Fruit, Milk</p> <p>Cheez-itz, Juice</p>	<p>12 Blueberry Muffins, Milk</p> <p>Fruit Bars, Milk</p> <p>Whole Grain Sloppy Joes, Celery Sticks, Bananas, Milk</p> <p>Veggie Straws, Juice</p>	<p>13 Yogurt, Bananas, Milk</p> <p>Ritz Crackers, Sunbutter</p> <p>Whole Grain Chicken Sandwiches, Mixed Veggies, Sliced Apples, Milk</p> <p>Muffins, Milk</p>	<p>14 Cereal, Fruit, Milk</p> <p>Animal Crackers, Applesauce</p> <p>Whole Grain Turkey Cheese Wraps, Tossed Salad, Mandarin Oranges, Milk</p> <p>Hummus, Wheat Thins</p>
<p>17 Cereal, Fruit, Milk</p> <p>Bagels, Strawberries, Cream Cheese</p> <p>Tuna Salad Sandwich, Lettuce, Mangos, Milk</p> <p>Pretzels, Sliced Cheese</p>	<p>18 Yogurt, Pineapple</p> <p>Fruit Bars, Milk</p> <p>Chicken Alfredo, Broccoli, Sliced Apples, Milk</p> <p>Tortilla Chips and Salsa</p>	<p>19 Blueberry Muffins, Milk</p> <p>Fruit Bars, Milk</p> <p>Whole Grain Cheese Pizza, Peas, Pears, Milk</p> <p>Slices Apples, Sunbutter</p>	<p>20 Yogurt, Bananas, Milk</p> <p>Cucumbers, Ranch Dressing, Saltine Crackers</p> <p>Whole Grain Meatball Sandwiches, Green Beans, Pineapples, Milk</p> <p>Chex Mix, Juice</p>	<p>21 Cereal, Fruit, Milk</p> <p>Goldfish, Fruit</p> <p>Chicken Salad, Cucumbers, Sliced Oranges, Milk</p> <p>Spinach Dip, Club Crackers</p>
<p>24 Cereal, Fruit, Milk</p> <p>Celery, Sunbutter</p> <p>Mac N' Cheese, Mixed Vegetables, Sliced Apples, Milk</p> <p>Tortilla Chips, Salsa</p>	<p>25 Yogurt, Mixed Berries, Milk</p> <p>Fruit Bars, Milk</p> <p>Whole Grain Cheese Quesadilla, Corn, Mangos, Milk</p> <p>Muffins, Milk</p>	<p>26 Blueberry Muffins, Milk</p> <p>Ritz Crackers, Sunbutter</p> <p>Hamburger, Whole Wheat Bun, Potato Tots, Mangos, Milk</p> <p>Whole Grain Breadsticks, Marinara Sauce</p>	<p>27 Yogurt, Bananas, Milk</p> <p>Fruit Bars, Milk</p> <p>Whole Grain Sunbutter and Jelly Sandwiches, Cucumbers, Peaches, Milk</p> <p>Pretzels, Sliced Cheese</p>	<p>28 Cereal, Fruit, Milk</p> <p>Goldfish, Juice</p> <p>Whole Grain Cheese Pizza, Tossed Salad, Pears, Milk</p> <p>Cheez-itz, Juice</p>
<p>31 Cereal, Fruit, Milk</p> <p>Cottage Cheese, Pineapples</p> <p>Whole Grain Chicken Salad Wraps, Mixed Vegetables, Bananas, Milk</p> <p>Fig Bars, Milk</p>	<p>Meal Time Reminders: Infants - 24 months will be served Whole Milk. 24 months and up will be served 1% Milk. Milk is served with Breakfast and Lunch. Chilled water is served most snacks. Whole grains are served daily. For the safety of all children, we do not allow outside food to be brought in.</p>			