

EZ Menus Planned for Week of 10/01/2023 thru 10/07/2023

Family Resources, Inc.

October 01, 2023	October 02, 2023	October 03, 2023	October 04, 2023	October 05, 2023	October 06, 2023	October 07, 2023
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Bagels - (WG)(223) Fruit Cocktai (015) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Mixed Fresh F (100) Whole, 1%, or (1)	Egg-Whole (135) X - Honey Bun (WG)(235) Pears-C (030) Whole, 1%, or (1)	X - Total - W (WG)(085) Apples-C (001) Whole, 1%, or (1)	Cheddar Chees (086) Corn Tortilla (107) Pinto Beans (224) Whole, 1%, or (1)	X - Waffles - (WG)(262) Applesauce (002) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Bananas-C (004) Whole, 1%, or (1)
AM Snack						
X - Goldfish (WG)(257) Cantaloupe-AC (008)	Animal Cracke (054) Whole, 1%, or (1)	X - Goldfish (WG)(257) Peaches-AC (028)	X - Wheat Thi (WG)(256) Cantaloupe-AC (008)	X - Toast - W (WG)(265) Fruit Salad (016)	X - Rice Cake (WG)(102) Mixed Fresh F (100)	X - Wheat Thi (WG)(256) Fruit Cocktai (015)
Lunch						
Turkey Meatba (072) X - Noodles-P (WG)(260) Tomato Sauce- (248) Peppers, Gree (262) Whole, 1%, or (1)	Cheeseburger (062) Hamburger Bun (018) French Fries- (231) Watermelon-AC (041) Whole, 1%, or (1)	Fish Fillets (111) X - Wheat Bre (WG)(083) Broccoli-AC (158) Oranges-C (026) Whole, 1%, or (1)	Chicken Roast (034) Stuffing / Dr (105) Butternut Squ (161) Peas-AC (185) Whole, 1%, or (1)	Roast Beef (016) X - Wheat Bre (WG)(083) Sweet Potato/ (241) Green Beans-C (172) Whole, 1%, or (1)	Turkey Meatba (072) X - Noodles-P (WG)(260) Tomatoes, Fre (250) Garden Salad (243) Whole, 1%, or (1)	Spare Ribs (061) X - Brown Ric (WG)(100) Green Beans-C (172) Corn-C (168) Whole, 1%, or (1)
PM Snack						
X - Ritz Crac (WG)(243) Peaches-AC (028)	X - CheezIts (WG)(266) Apples-C (001)	X - Ritz Crac (WG)(243) Bananas-C (004)	X - Crackers (WG)(035) Oranges-C (026)	Raisin Bread (123) Whole, 1%, or (1)	Pumpkin Bread (134) Whole, 1%, or (1)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Dinner						
Turkey Meatba (072) X - Brown Ric (WG)(100) Tomato Sauce- (248) Garden Salad (243) Whole, 1%, or (1)	Beef Lunchmea (082) X - Wheat Bre (WG)(083) Baked Beans (213) Watermelon-AC (041) Whole, 1%, or (1)	Fish Fillets (111) X - Brown Ric (WG)(100) Cole Slaw (166) Mandarin Oran (023) Whole, 1%, or (1)	Chicken Roast (034) X - Brown Ric (WG)(100) Sweet Potato/ (241) Peas and Carr (186) Whole, 1%, or (1)	Roast Beef (016) X - Brown Ric (WG)(100) Peas and Carr (186) Mandarin Oran (023) Whole, 1%, or (1)	Turkey Meatba (072) X - Whole Gra (WG)(138) Peppers, Gree (262) Fruit Cocktai (015) Whole, 1%, or (1)	Turkey & Chee (048) X - Wheat Bre (WG)(083) Spinach-AC (205) Peaches-AC (028) Whole, 1%, or (1)
Evening Snack						
X - Wheat Thi (WG)(256) Mixed Fresh F (100)	Cheese (087) X - Crackers (WG)(035)	X - English M (WG)(258) Mixed Fresh F (100)	Peanut Butter (140) X - Wheat Bre (WG)(083) Bananas-C (004)	X - Sunchips (WG)(041) Honeydew Melo (020)	X - Cheerios (WG)(045) Whole, 1%, or (1)	X - Goldfish (WG)(257) Applesauce (002)

EZ Menus Planned for Week of 10/08/2023 thru 10/14/2023

Family Resources, Inc.

October 08, 2023	October 09, 2023	October 10, 2023	October 11, 2023	October 12, 2023	October 13, 2023	October 14, 2023
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Cheerios (WG)(045) Pears-C (030) Whole, 1%, or (1)	X - Wheaties (WG)(075) Fruit Cocktai (015) Whole, 1%, or (1)	Pita Bread (025) Mandarin Oran (023) Whole, 1%, or (1)	X - Pancakes (WG)(261) Applesauce (002) Whole, 1%, or (1)	X - Mini Whea (WG)(227) Raisins (034) Whole, 1%, or (1)	Croissants (010) Mandarin Oran (023) Whole, 1%, or (1)	Raisin Bread (123) Pears-C (030) Whole, 1%, or (1)
AM Snack						
X - Toast - W (WG)(265) Fruit Cocktai (015)	X - Crackers (WG)(035) Oranges-C (026)	X - Bagels - (WG)(223) Bananas-C (004)	Egg-Whole (135) X - Toast - W (WG)(265)	Egg-Whole (135) X - Toast - W (WG)(265)	Cheddar Chees (086) X - Crackers (WG)(035)	X - Total - W (WG)(085) Whole, 1%, or (1)
Lunch						
Pork Chops / (053) X - Wheat Bre (WG)(083) Peas-AC (185) Potato Wedges (280) Whole, 1%, or (1)	Chicken (025) X - Wheat Bre (WG)(083) Peas-AC (185) Mashed Potato (234) Whole, 1%, or (1)	Cubed Steak (014) X - Wheat Bre (WG)(083) Zucchini-AC (212) Plums-AC (032) Whole, 1%, or (1)	Pork Roast (058) X - Wheat Bre (WG)(083) Mashed Potato (234) Broccoli-AC (158) Whole, 1%, or (1)	Ham (051) X - Wheat Bre (WG)(083) Turnips (263) Apples-C (001) Whole, 1%, or (1)	Chicken (025) X - Brown Ric (WG)(100) Sweet Potato/ (241) Collard Green (167) Whole, 1%, or (1)	Chicken Sausa (035) X - Noodles-P (WG)(260) Tomato Sauce- (248) Green Beans-C (172) Whole, 1%, or (1)
PM Snack						
Graham Cracke (081) Whole, 1%, or (1)	X - Waffles - (WG)(262) Applesauce (002)	X - Sunchips (WG)(041) Fruit Cocktai (015)	X - Goldfish (WG)(257) Fruit with Je (021)	X - Waffles - (WG)(262) Applesauce (002)	X - English M (WG)(258) Oranges-C (026)	X - Goldfish (WG)(257) Pears-C (030)
Dinner						
Pork Chops / (053) X - Brown Ric (WG)(100) Green Beans-C (172) Applesauce (002) Whole, 1%, or (1)	Chicken (025) X - Brown Ric (WG)(100) Green Beans-C (172) Fruit Salad (016) Whole, 1%, or (1)	Cubed Steak (014) X - Brown Ric (WG)(100) Broccoli-AC (158) Mandarin Oran (023) Whole, 1%, or (1)	Pork Roast (058) X - Brown Ric (WG)(100) Peas and Carr (186) Blueberries-C (006) Whole, 1%, or (1)	Ham (051) X - Noodles-P (WG)(260) Mixed Vegetab (177) Pineapple-C (031) Whole, 1%, or (1)	Chicken (025) X - Noodles-P (WG)(260) Peas-AC (185) Carrots-AC (163) Whole, 1%, or (1)	Chicken Sausa (035) X - Whole Gra (WG)(138) Lettuce, Roma (264) Tomatoes, Fre (250) Whole, 1%, or (1)
Evening Snack						
X - English M (WG)(258) Fruit Salad (016)	X - Toast - W (WG)(265) Mixed Fresh F (100)	Yogurt (150) X - Pretzels (WG)(263)	X - Ritz Crac (WG)(243) Grapes (018)	X - Kix - WGR (WG)(137) Whole, 1%, or (1)	X - Cheerios (WG)(045) Whole, 1%, or (1)	X - Toast - W (WG)(265) Bananas-C (004)

EZ Menus Planned for Week of 10/15/2023 thru 10/21/2023

Family Resources, Inc.

October 15, 2023	October 16, 2023	October 17, 2023	October 18, 2023	October 19, 2023	October 20, 2023	October 21, 2023
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Cheerios (WG)(045) Pears-C (030) Whole, 1%, or (1)	X - Toast - W (WG)(265) Peaches-AC (028) Whole, 1%, or (1)	X - Chex-Blueberr (241) Mandarin Oran (023) Whole, 1%, or (1)	X - Cheerios (WG)(045) Mandarin Oran (023) Whole, 1%, or (1)	X - Cream of (WG)(044) Blueberries-C (006) Whole, 1%, or (1)	X - Oatmeal S (WG)(246) Oranges-C (026) Whole, 1%, or (1)	Ham (051) X - Toast - W (WG)(265) Hash Browns-C (232) Whole, 1%, or (1)
AM Snack						
X - Goldfish (WG)(257) Fruit Cocktai (015)	X - Life Orig (WG)(244) Whole, 1%, or (1)	X - Bagels - (WG)(223) Bananas-C (004)	Peanut Butter (140) X - Toast - W (WG)(265) Fruit Cocktai (015)	Pumpkin Bread (134) Whole, 1%, or (1)	X - Ritz Crac (WG)(243) Peaches-AC (028)	X - Bagels - (WG)(223) Cantaloupe-AC (008)
Lunch						
Pork Chops / (053) X - Wheat Bre (WG)(083) Peas-AC (185) Potato Wedges (280) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)(138) Lettuce / Gre (270) Tomatoes, Fre (250) Whole, 1%, or (1)	Chicken Roast (034) X - Wheat Bre (WG)(083) Peas-AC (185) Sweet Potato (240) Whole, 1%, or (1)	Catfish (040) X - Brown Ric (WG)(100) Mixed Vegetab (177) Cole Slaw (166) Whole, 1%, or (1)	Spare Ribs (061) X - Wheat Bre (WG)(083) Hash Browns-C (232) Green Beans-C (172) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)(138) Lettuce, Roma (264) Tomatoes, Fre (250) Whole, 1%, or (1)	Cubed Steak (014) X - Wheat Bre (WG)(083) Zucchini-AC (212) Plums-AC (032) Whole, 1%, or (1)
PM Snack						
Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	Graham Cracke (081) Whole, 1%, or (1)	X - Sunchips (WG)(041) Fruit Cocktai (015)	Egg-Whole (135) X - Waffles - (WG)(262)	X - Wheat Thi (WG)(256) Cantaloupe-AC (008)	X - Kix - Ber (WG)(135) Whole, 1%, or (1)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Dinner						
Pork Chops / (053) X - Brown Ric (WG)(100) Corn-C (168) Applesauce (002) Whole, 1%, or (1)	Beef Ground (003) X - Noodles-P (WG)(260) Tomato Sauce- (248) Garden Salad (243) Whole, 1%, or (1)	Chicken Roast (034) X - Brown Ric (WG)(100) Green Beans-C (172) Mixed Fresh F (100) Whole, 1%, or (1)	Catfish (040) X - Wheat Bre (WG)(083) Green Beans-C (172) Fruit Salad (016) Whole, 1%, or (1)	Ham (051) X - Brown Ric (WG)(100) Mixed Vegetab (177) Pineapple-C (031) Whole, 1%, or (1)	Beef Ground (003) X - Noodles-P (WG)(260) Tomato Sauce- (248) Garden Salad (243) Whole, 1%, or (1)	Cubed Steak (014) X - Brown Ric (WG)(100) Broccoli-AC (158) Mandarin Oran (023) Whole, 1%, or (1)
Evening Snack						
X - English M (WG)(258) Mixed Fresh F (100)	Yogurt (150) X - Toast - W (WG)(265)	X - English M (WG)(258) Honeydew Melo (020)	Cheddar Chees (086) X - Crackers (WG)(035)	X - Life Orig (WG)(244) Whole, 1%, or (1)	String Cheese (107) X - Crackers (WG)(035)	X - Pretzels (WG)(263) Grapes (018)

EZ Menus Planned for Week of 10/22/2023 thru 10/28/2023

Family Resources, Inc.

October 22, 2023	October 23, 2023	October 24, 2023	October 25, 2023	October 26, 2023	October 27, 2023	October 28, 2023
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Oatmeal-W (WG)(047 Honeydew Melo (020) Whole, 1%, or (1)	X - Toast - W (WG)(265 Cantaloupe-AC (008) Whole, 1%, or (1)	X - Chex-Whea (WG)(063 Fruit Salad (016) Whole, 1%, or (1)	X - Waffles - (WG)(262 Fruit Cocktai (015) Whole, 1%, or (1)	X - Pancakes (WG)(261 Applesauce (002) Whole, 1%, or (1)	X - Toast - W (WG)(265 Cantaloupe-AC (008) Whole, 1%, or (1)	X - Cream of (WG)(044 Mandarin Oran (023) Whole, 1%, or (1)
AM Snack						
X - Rice Cake (WG)(102 Mixed Fresh F (100)	Peanut Butter (140) X - Wheat Bre (WG)(083 Whole, 1%, or (1)	Cheddar Chees (086) X - Ritz Crac (WG)(243	X - Wheat Thi (WG)(256 Bananas-C (004)	Hummus (123) Tortilla Chip (111)	Cheddar Chees (086) X - Crackers (WG)(035 Fruit Cocktai (015)	Peanut Butter (140) X - Whole Gra (WG)(138 Bananas-C (004)
Lunch						
Salisbury Ste (017) X - Brown Ric (WG)(100 Carrots-AC (163) Fruit Cocktai (015) Whole, 1%, or (1)	Beef Ground (003) X - Noodles-P (WG)(260 Tomato Sauce- (248) Garden Salad (243) Whole, 1%, or (1)	Chicken Breas (027) X - Brown Ric (WG)(100 Spinach-AC (205) Pineapple-C (031) Whole, 1%, or (1)	Tuna (046) X - Wheat Bre (WG)(083 Celery-C (268) Honeydew Melo (020) Whole, 1%, or (1)	Beef Stew Mea (081) X - Wheat Bre (WG)(083 Carrots-AC (163) Fruit Cocktai (015) Whole, 1%, or (1)	Pork Chops / (053) X - Wheat Bre (WG)(083 Peas-AC (185) Peaches-AC (028) Whole, 1%, or (1)	Ham (051) X - Brown Ric (WG)(100 Butternut Squ (161) Mixed Fresh F (100) Whole, 1%, or (1)
PM Snack						
X - Crackers (WG)(035 Oranges-C (026)	X - Ritz Crac (WG)(243 Applesauce (002)	Pot Roast (015) Breeding (003) Pears-C (030)	Animal Cracke (054) Whole, 1%, or (1)	X - Ritz Crac (WG)(243 Pears-C (030)	X - Mini Spoo (WG)(248 Whole, 1%, or (1)	X - Ritz Crac (WG)(243 Cucumbers-C (170)
Dinner						
Salisbury Ste (017) X - Wheat Bre (WG)(083 Peas-AC (185) Peaches-AC (028) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)(138 Pinto Beans (224) Lettuce, Roma (264) Whole, 1%, or (1)	Chicken Breas (027) X - Wheat Bre (WG)(083 Peas and Carr (186) Bananas-C (004) Whole, 1%, or (1)	Tuna (046) X - Noodles-P (WG)(260 Peas-AC (185) Cantaloupe-AC (008) Whole, 1%, or (1)	Beef Stew Mea (081) X - Whole Gra (WG)(138 Peas and Carr (186) Bananas-C (004) Whole, 1%, or (1)	Pork Chops / (053) X - Brown Ric (WG)(100 Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	Ham (051) X - Wheat Bre (WG)(083 Sweet Potato/ (241) Pineapple-C (031) Whole, 1%, or (1)
Evening Snack						
X - Waffles - (WG)(262 Strawberries (038)	Yogurt (150) X - Granola - (WG)(252	Hummus (123) X - Pretzels (WG)(263	X - Cheerios (WG)(045 Whole, 1%, or (1)	X - Sunchips (WG)(041) Raisins (034)	Yogurt (150) X - Wheat Thi (WG)(256 Strawberries (038)	X - Cheerios (WG)(045 Whole, 1%, or (1)

EZ Menus Planned for Week of 10/29/2023 thru 11/04/2023

Family Resources, Inc.

October 29, 2023	October 30, 2023	October 31, 2023	November 01, 2023	November 02, 2023	November 03, 2023	November 04, 2023
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Kix - WGR (WG)(137 Oranges-C (026) Whole, 1%, or (1)	X - Toast - W (WG)(265 Pears-C (030) Whole, 1%, or (1)	X - English M (WG)(258 Honeydew Melo (020) Whole, 1%, or (1)				
AM Snack						
Cheddar Chees (086) X - Bagels - (WG)(223	Muffins/Quick (237) Whole, 1%, or (1)	X - Goldfish (WG)(257 Fruit Salad (016)				
Lunch						
Steak (018) X - Wheat Bre (WG)(083 Mashed Potato (234) Carrots-AC (163) Whole, 1%, or (1)	Cod (041) X - Brown Ric (WG)(100 Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	Beef Kielbasa (004) X - Wheat Bre (WG)(083 Cabbage-C (162) Fruit Cocktai (015) Whole, 1%, or (1)				
PM Snack						
P B & Cheese (142) X - Toast - W (WG)(265	X - Sunchips (WG)(041) Mixed Fresh F (100)	X - Rice Cake (WG)(102 Mixed Fresh F (100)				
Dinner						
Steak (018) X - Brown Ric (WG)(100 Peas-AC (185) Fruit Salad (016) Whole, 1%, or (1)	Cod (041) X - Wheat Bre (WG)(083 Peas-AC (185) Fruit Cocktai (015) Whole, 1%, or (1)	Beef Kielbasa (004) X - Brown Ric (WG)(100 Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)				
Evening Snack						
X - Rice Cake (WG)(102 Apples-C (001)	Colby Cheese (088) X - Crackers (WG)(035	X - Toast - W (WG)(265 Cantaloupe-AC (008)				