



October 2015 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack				Apple Slices 1	Chef's Choice 2
Lunch				Chicken Parm., Salad with Ranch Dressing, Peaches and Milk	
PM Snack				Trail Mix and Milk	
AM Snack	Oatmeal Bars 5	Cereal and Milk 6	Yogurt and Fruit 7	Scrambled Egg Patty 8	Cereal and Milk 9
Lunch	Turkey Sloppy Joes on Whole Grain Roll, Peas & Carrots, Pears and Milk	Ravioletti in Tomato Sauce, Green Beans, Mixed Fruit and Milk	Chicken Nuggets, Broccoli, Peaches and Milk	Bow Tie Pasta with Parmesan, Carrots, Pineapple and Milk	Turkey Dogs, Sweet Potato Puffs, Apples and Milk
PM Snack	Caramel Rice Cakes and Milk	Graham Crackers and Sunflower Butter	String Cheese and Wheat Thins	Spikers Ranch Crackers	Waffle Grahams
AM Snack	Whole Grain Waffles with Apple Butter 12	Cereal and Milk 13	Whole Grain Bagel with Cream Cheese 14	Bananas and Milk 15	Chef's Choice 16
Lunch	Sunflower Butter and Jelly on Whole Grain Bread, Fresh Carrot Sticks with Ranch Dressing, Oranges and Milk	Pizza, Applesauce, Peas and Milk	Whole Grain Mac & Cheese, Broccoli, Pineapple and Milk	Turkey Tacos, Salad with Ranch Dressing, Corn and Milk	
PM Snack	Apples	Yogurt and Raisins	Pretzels and Milk	Crackers and Cheese	
AM Snack	Cereal and Milk 19	Cinnamon Toast and Milk 20	Cereal and Milk 21	Whole Grain Muffins 22	Oatmeal Bars 23
Lunch	Pierogies, Peas, Applesauce and Milk	Hamburger on Whole Grain Roll, Green Beans, Mixed Fruit and Milk	Fish Sticks, Corn, Peaches and Milk	Ham and Cheese Sandwich on Whole Grain Bread, Bananas, Yogurt and Milk	Grilled Chicken Patty, Potatoes, Broccoli and Milk
PM Snack	Trail Mix and Milk	Whole Grain Goldfish Crackers	Oatmeal Cookie and Milk	Carrot Sticks with Ranch Dressing and Milk	String Cheese and Pretzels
AM Snack	French Toast 26	Cereal and Milk 27	English Muffins with Sunflower Butter 28	Cereal and Milk 29	Chef's Choice 30
Lunch	Grilled Cheese on Whole Grain Bread, Tomato Soup, Green Beans and Milk	Pasta with Tomato Sauce, Salad with Italian Dressing, Peaches and Milk	Chicken Quesadilla on Whole Grain Tortilla, Corn, Pears and Milk	Diced Turkey, Rice Pilaf, Mixed Veggies and Milk	
PM Snack	Pita and Hummus	Yogurt and Raisins	Crackers and Cheese	Tortilla Chips and Salsa	

