



October 2016 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Oatmeal Bars 3	Cereal and Milk 4	Yogurt and Fruit 5	Scrambled Egg Patty 6	Cereal and Milk 7
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 10	Cereal and Milk 11	Whole Grain Bagel with Cream Cheese 12	Bananas and Milk 13	
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	Chef's Choice
PM Snack	Apples	Yogurt and Raisins	Pretzels and Milk	Crackers and Cheese	
AM Snack	Cereal and Milk 17	Cinnamon Toast and Milk 18	Cereal and Milk 19	Whole Grain Muffins 20	Oatmeal Bars 21
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 24	Cereal and Milk 25	English Muffins with Sunflower Butter 26	Cereal and Milk 27	
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	Chef's Choice
PM Snack	Pita and Hummus	Yogurt and Raisins	Crackers and Cheese	Tortilla Chips and Salsa	



