



October 2017 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	2 Oatmeal Bars	3 Cereal and Milk	4 Yogurt and Fruit	5 Egg Patty	6 Cereal and Milk
Lunch	Turkey Sloppy Joe on Whole Grain Roll, Peas & Carrots, Pears and Milk	Ravioletti in Tomato Sauce, Green Beans, Mixed Fruit and Milk	Grilled Chicken Patty, Potatoes, Broccoli and Milk	Mac and Cheese, Carrots, Pineapple and Milk	Turkey Dogs, Smile Fries, Apples and Milk
PM Snack	Caramel Rice Cakes and Milk	Graham Crackers and Sunbutter	String Cheese and Wheat Thins	Spikers Ranch Crackers and Milk	Waffle Grahams
AM Snack	9 Whole Grain Waffles with Apple Butter	10 Cereal and Milk	11 Whole Grain Bagel with Cream Cheese	12 Bananas and Milk	13 Chef's Choice
Lunch	Sweet and Sour Chicken, Rice, Broccoli and Milk	Pizza, Applesauce, Peas and Milk	Bow Ties with Parmesan, Carrots, 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	16 Cereal and Milk	17 Corn Muffins and Milk	18 Cereal and Milk	19 Pancakes and Milk	20 Oatmeal Bars
Lunch	Pierogies, Peas, Applesauce and Milk	Hamburger on Whole Grain Roll, Green Beans, Mixed Fruit and Milk	Meatloaf, Corn, Peaches and Milk	Ham and Cheese Sandwich on Whole Grain Bread, Bananas, Yogurt and Milk	Chicken Nuggets, Broccoli, Pineapple 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	23 French Toast	24 Cereal and Milk	25 English Muffins with Sunbutter	26 Cereal and Milk	24 Chef's Choice
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, Corn, Pears and Milk	Turkey, Rice Pilaf, Mixed Veggies and Milk	
PM Snack	Pita and Hummus	Yogurt and Raisins	Crackers and Cheese	Tortilla Chips and Salsa	
AM Snack	30 Muffins and Milk	31 Cereal and Milk			
Lunch	Ham Slice, Green Beans, Corn Muffin and Milk	Turkey Chili, Roll with Butter, Applesauce and Milk			
PM Snack	Pretzel Goldfish	Waffle Grahams			