



October



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
	Cucumbers and Ranch	Cheerios	Vanilla Yogurt		Applesauce
Lunch	Turkey and Cheese on Wheat, Carrots Sticks, & Blueberries	Grilled Chicken, Rice, Broccoli	WG Waffles, Turkey Sausage, and Pears	Chef's Choice	Cheese Pierogies, Peaches, Mixed Veggies
PM Snack	Granola Bars	String Cheese	Goldfish		Cereal Bars
AM Snack	8	9	10	11	12
	Bananas	Raisins	Wheat Toast		Kixx Cereal
Lunch	Chicken Alfredo, Cauliflower, Honeydew Melon	Cheeseburger Sliders, Sweet Potato Tots, Apple Slices	Grilled Cheese, Chicken noodle Soup, Pears	Chef's Choice	Cheese Quesadillas, Corn, Oranges
PM Snack	Animal Crackers	Granola Bars	Trail Mix		String Cheese & Crackers
AM Snack	15	16	17	18	19
	Strawberry Yogurt	Cheerios	English Muffin & Soy Nut Butter		Mini Bagels with Cream Cheese
Lunch	Pizza Sticks, Carrots, Canteloupe	Asian Chicken and Rice, Peas, Applesauce	Mac and Cheese, Corn, Oranges	Chef's Choice	Turkey and Cheese on Wheat, Chicken Noodle Soup, Peaches
PM Snack	Cereal Bars	Animal Crackers	Wheat Thins		Goldfish
AM Snack	22	23	24	25	26
	Bananas	Granola Bars	Trail Mix		Raisins
Lunch	Pasta and Meatballs, Honeydew Melon, Cauliflower	Pancakes, Turkey Sausage, Blueberries	Soy Nut Butter and Jelly Sandwiches, Carrot Sticks, Applesauce	Chef's Choice	Pizza, Green Beans, Peaches
PM Snack	String Cheese	Townhouse Crackers with Jelly	Cheez-It Crackers		Animal Crackers
AM Snack	29	30	31	1	2
	Cucumbers and Ranch	Kixx Cereal	Strawberry Yogurt		Applesauce
Lunch	Meatloaf, Mashed Potatoes, Cauliflower	Grilled Cheese, Green Beans, Apple Slices	Pierogies, Broccoli, Pears	Chef's Choice	Mac and Cheese, Mixed Vegetables, Oranges
PM Snack	Cheerios	Goldfish	Granola Bars		Cereal Bars

