



October 2018 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	1 Oatmeal Bars	2 Cereal and Milk	3 Yogurt and Fruit	4 Egg Patty	5 Cereal and Milk
Lunch	Turkey Sloppy Joe on Whole Grain Roll, Peas & Carrots, Pears and Milk	Raviolotti in Tomato Sauce, Green Beans, Mixed Fruit and Milk	Grilled Chicken Patty, Potatoes, Broccoli and Milk	Mac and Cheese, Diced Carrots, Pineapple and Milk	Cheeseburgers on Whole Grain Roll, 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	8 Whole Grain Waffles with Apple Butter	9 Cereal and Milk	10 Whole Grain Bagel with Cream Cheese	11 Bananas and Milk	12 Chef's Choice
Lunch	Sweet and Sour Chicken, Rice, Broccoli and Milk	Pizza, Applesauce, Peas and Milk	Bow Ties with Parmesan, Diced Carrots, Pineapple and Milk	Turkey Tacos, Corn, Peaches and Milk	
PM Snack	Apples	Yogurt and Raisins	Pretzels and Milk	Crackers and Cheese	
AM Snack	15 Cereal and Milk	16 Muffins and Milk	17 Cereal and Milk	18 Pancakes and Milk	19 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	Animal Crackers and Milk	String Cheese
AM Snack	22 French Toast	23 Cereal and Milk	24 English Muffins with Sunbutter	25 Cereal and Milk	26 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	29 Oatmeal Bars	30 Cereal and Milk	31 Chef's Choice	1 Muffins and Milk	2 Cereal and Milk
Lunch	Ham Slice, Green Beans, Corn Muffin and Milk	Turkey Chili, Roll with Butter, Applesauce and Milk		Sunbutter and Jelly, Bananas, Yogurt and Milk	Pizza, Peas, Pears and Milk
PM Snack	Pretzel Goldfish	Pudding		Trail Mix	Waffle Grahams