

# October 2019 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	30 Cereal and Milk	1 Sunrise Bites and Milk	2 Cereal and Milk	3 Yogurt and Fruit	4 Muffins
<b>Lunch</b>	Cheeseburger on Whole Grain Roll, Apples, Corn and Milk	Mac and Cheese, Diced Carrots, Pineapple and Milk	Ravioli, Green Beans, Mixed Fruit and Milk	Grilled Chicken Patty, Potatoes, Broccoli and Milk	Fish Bites, Peas & Carrots, Pears and Milk
<b>PM Snack</b>	Waffle Grahams	Spikers Crackers	Graham Crackers and Sunbutter	String Cheese and Crackers	Rice Cakes and Milk
<b>AM Snack</b>	7 Whole Grain Waffles with Apple Butter	8 Cereal and Milk	9 Whole Grain Bagel with Cream Cheese	10 Oatmeal Bars	11 Chef's Choice
<b>Lunch</b>	Sweet and Sour Chicken, Rice, Broccoli and Milk	Pizza, Applesauce, Peas and Milk	Bow Ties with Parmesan, Diced Carrots, Pineapple and Milk	Cheese Quesadilla, Corn, Apple Slices and Milk	
<b>PM Snack</b>	Apples	Crackers and Cheese	Pretzel Goldfish and Milk	Bananas	
<b>AM Snack</b>	14 Cereal and Milk	15 Muffins and Milk	16 Cereal and Milk	17 Pancakes and Milk	18 Oatmeal Bars
<b>Lunch</b>	Grilled Cheese on Whole Grain Bread, Tomato Soup, Green Beans and Milk	Hamburger on Whole Grain Roll, Peas, Mandarin Oranges 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
<b>PM Snack</b>	Sunchips and Milk	Whole Grain Goldfish Crackers	Oatmeal Cookie and Milk	Animal Crackers and Milk	String Cheese
<b>AM Snack</b>	21 French Toast	22 Cereal and Milk	23 Oatmeal Bars	24 Cereal and Milk	25 Chef's Choice
<b>Lunch</b>	Chicken Sandwich on Whole Grain Roll, Yogurt, Mixed Berries and Milk	Pasta with Tomato Sauce, Salad with Ranch Dressing, Peaches and Milk	Chicken Soft Tacos, Corn, Pears and Milk	Turkey, Rice Pilaf, Mixed Veggies and Milk	
<b>PM Snack</b>	Pita and Hummus	Yogurt and Raisins	Crackers and Cheese	Graham Crackers and Jelly	
<b>AM Snack</b>	28 Oatmeal Bars	29 Cereal and Milk	30 Muffins	31 Chef's Choice	1 Cereal and Milk
<b>Lunch</b>	Ham and Cheese Sandwich, Bananas, Yogurt and Milk	Turkey Chili, Corn Bread, Applesauce and Milk	Chicken Parm, Green Beans, Mixed Fruit and Milk		Pizza, Peas, Pears and Milk
<b>PM Snack</b>	Pretzel Goldfish	Pudding	Bananas		Waffle Grahams