

Any daily changes will be posted at the front desk.

# October 2019 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	30 Cheese It Crackers & Pears	1 Mini Bagels & Cream Cheese (D) Jelly	2 Granola Bars & Mixed Fruit (Pears, Mandarin Oranges, Peaches) (I/T) Graham Crackers	3 French Toast Sticks & Applesauce	4 Yogurt & Blueberries
<b>Lunch</b>	Meatballs with Brown Rice, Steamed California Melody, Diced Pineapple	Egg & Cheese Sandwich on English Muffin, Steamed Broccoli, Tropical Fruit (Egg) Grilled Cheese	Chicken Patty Sandwich, Steamed Green Beans, Diced Peaches	Soybutter & Jelly Sandwich, Steamed Carrots, Fresh Bananas (I/T) Turkey & Cheese Roll-up	Homemade Pizza Bagels, Steamed Corn, Diced Pears (I&T) California Melody
<b>PM Snack</b>	Cheddar Chex Mix & Fresh Apple or Bananas (I/T Applesauce)	Hummus & Carrots (I/T) Steamed Carrots	Pretzels & Melon (I/T) Soft Pretzels	Ritz Crackers & Spinach Dip	Cheese Quesadillas with Salsa
<b>AM Snack</b>	7 Goldfish Crackers & Diced Pineapple	8 Saltine Crackers & Cheese Slices	9 Biscuits with Jelly	10 Bananas & Teddy Grahams	11 Homemade Cinnamon & Apple Bread with Diced Pears
<b>Lunch</b>	Chili Mac, Steamed Corn, Mixed Fruit (V) Mac & Cheese (I/T) Green Beans	Chicken Broccoli Casserole with Brown Rice, Diced Pears (V) Broccoli & Egg Casserole with Brown Rice	Taco Salad (Beef, Cheese, Lettuce, Sour Cream, Salsa, Tortilla Chips), Steamed Carrots, Diced Pineapple (V) Vegetarian Crumble (I/T) Wheat Tortilla Soft Shell	Chicken Noodle Soup, Oyster Crackers, Steamed Peas, Diced Peaches (V) Cream of Broccoli Soup	Mini Corn Dogs, Steamed Mixed Veggies, Fresh Apples (V) Boca Veggie Patty (I&T) Chicken Nuggets, Applesauce
<b>PM Snack</b>	Popcorn and Tropical Fruit (I/T) Corn Puffs	Fig Newton Bar & Blueberries	Trail Mix	Sun Chips & Fresh Kiwi (I/T) Cheese its & Pineapple	Chef's Choice
<b>AM Snack</b>	14 Cinnamon Raisin Bread & Apple Butter	15 Townhouse Crackers with Hummus	16 Vanilla Yogurt & Granola	17 Fresh Watermelon & String Cheese	18 Pancakes & Peaches
<b>Lunch</b>	Cheese Quesadillas, Steamed Green Beans, Diced Pears	Baked Mostaccioli, Steamed Broccoli, Tropical Fruit	Grilled Cheese Sandwich, Steamed Carrots, Mandarin Oranges	Diced Ham & Rice Casserole, Steamed Mixed Veggies, Mixed Fruit (V) Cheesy Rice	Broccoli Cheddar Soup, Oyster Crackers, Steamed Peas & Carrots, Applesauce
<b>PM Snack</b>	Cinnamon Pretzels & Cream Cheese	Wheat Wafers & Pineapple	Animal Crackers & Apple Slices	Chex Mix & Cuties (Oranges)	Ritz Crackers & Dill Dip
<b>AM Snack</b>	21 Cinnamon Rolls with Mixed Fruit	22 Biscuits with Jelly	23 Fresh Carrots with Ranch Dip (I&T) Steamed Carrots	24 Cottage Cheese with Pineapple	25 Hawaiian Rolls with Fresh Pears
<b>Lunch</b>	Chicken Parmigiana, Steamed California Melody, Applesauce	Cheese Tortellini, Steamed Green Beans, Tropical Fruit	Pancakes, Veggie Tots, Turkey Sausage, Diced Pears	Pulled Pork, Cornbread, Steamed Mixed Veggies, Diced Peaches	Chicken Pot Pie, Steamed Peas & Carrots, Mandarin Oranges
<b>PM Snack</b>	Bagels with Sun Butter or Apple Butter	Pita Chips with Hummus	Banana Muffins	Fresh Bananas & Vanilla Wafers	Fresh Green Peppers & Dill Dip (I&T) Crackers
<b>AM Snack</b>	28 Vanilla Yogurt & Banana Chips	29 Cinnamon Chips & Applesauce	30 English Muffins & Jelly	31 Waffles & Fresh Grapes	
<b>Lunch</b>	Turkey & Cheese Wrap, Steamed Carrots, Diced Peaches	Pasta, Diced Pineapple, Steamed Corn	Mini Pub Steak Burgers, Fresh Apples, Steamed California Blend	Cheese Pizza, Steamed Green Beans, Fruit Cocktail	
<b>PM Snack</b>	Baked Sweet Potato Fries & Applesauce	Tortilla Chips & Salsa (I&T) Cheese Quesadillas	Fresh Baked Breadsticks & Marinara Dip	Graham Crackers & Apple Butter	