October 2019 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30	1	2	3	4
AM Snack	Cereal and Milk	Oatmeal Bars	Yogurt and Granola	Bagel with Sun butter	Cereal and Milk
Lunch	Ravioletti in Tomato Sauce, Garden Salad, Applesauce and Milk	Turkey Chili, Cornbread, Pears and Milk	Italian Chicken Patty, Potatoes, Oranges and Milk	Mac and Cheese, Peas, Pineapple and Milk	Cheeseburgers on Whole Grain Roll, Carrot Sticks and Apple Slices
PM Snack	Caramel Rice Cakes	Waffle Grahams	String Cheese and Wheat Thins	Ranch Crackers	Pizza Crackers
	7	8	9	10	11
AM Snack	Muffins	Cereal and Milk	Whole Grain Bagels with Apple Butter	Cereal Bars and Milk	
Lunch	Meatball Sandwich, Peaches and Milk	Turkey and Cheese Wrap, Applesauce, Broccoli Cheese Soup and Milk	Pasta with Parmesan, Diced Carrots, Pineapple and Milk	Turkey Tacos, Corn, Peaches and Milk	Chef's Choice
PM Snack	Tiki Crackers	Yogurt and Raisins	Pretzels	Crackers and Cheese	
	14	15	16	17	18
AM Snack	Cereal and Milk	Muffins and Milk	Cereal and Milk	English Muffins and Milk	Oatmeal Bars and Milk
Lunch	Pierogies, Peas. Apple Slices and Milk	Turkey Burger on Whole Grain Roll, Mixed Fruit and Carrot Sticks and Milk	Meatloaf, Broccoli Soup, Peaches and Milk	Chicken Parm,. Carrots, Pears and Milk	Egg Patty, Turkey Sausage, Pineapple and Milk
PM Snack	Waffle Grahams	WG Goldfish	Oatmeal Cookie	Animal Crackers	String Cheese
	21	22	23	24	25
AM Snack	Cereal Bar and Milk	Cereal and Milk	English Muffins with Jelly	Cereal and Milk	
Lunch	Sun Butter and Jelly Sandwich, Green Beans, Mangos and Milk	BBQ Chicken Ranch Strips, Peaches, Peas and Milk	Turkey and Cheese Sandwich, Corn, Pears and Milk	Grilled Chicken Patty, Mixed Veggies, Applesauce and Milk	Chef's Choice
PM Snack	Carrot Sticks and Hummus	Tikki Crackers	Tortilla Chips and Salsa	Pita and Hummus	
	28	29	30	31	1
AM Snack	Oatmeal Bars and Milk	Egg Patty	Cereal and Milk	Muffins and Milk	Cereal and Milk
Lunch	Pasta w/ Meat Sauce, Garden Salad, Peaches and Milk	Turkey Chili, Roll with Butter, Applesauce and Milk	Turkey Nachos with Lettuce, Cheese and Salsa, Oranges and Milk	Cheese Sandwich, Tomato Soup, Bananas and Milk	Meatloaf, Corn, Pears and Milk
PM Snack	Animal Crackers	Trail Mix	Pizza Bite Crackers	WG Goldfish	Cheese and Crackers