

## October 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
AM Snack		Blueberry muffins, milk	Pancakes, Milk	Cinnamon toast, milk	Waffles with low sugar syrup, milk
Lunch		Rainbow pasta salad with turkey, mixed vegetables, pineapple, milk	Turkey Tacos, Black beans, Peaches, Milk, Veg: Cheese Tacos	Grilled cheese on whole wheat bread, tomato soup, applesauce, milk	Whole wheat meat pizza, salad, mixed fruit, milk, Veg: Cheese pizza w/ cheese
PM Snack		Cucumbers and ranch, chilled water	Animal crackers, 100% low sugar fruit juice	Guppy crackers, 100% low sugar fruit juice	Rice cakes, 100% low sugar fruit juice
	7	8	9	10	11
AM Snack	Whole grain cereal & Milk	Pancakes w/syrup, milk	Cinnamon Toast, Milk	Blueberry Bagels w/ cc, Milk	Nutrigrain bars, milk
Lunch	Turkey mac and cheese, green beans, pears, milk, Veg: Mac and cheese	Chicken taco wraps, corn, mixed fruit, milk, veg alt. Cheese wrap	Chicken mushroom casserole. Broccoli, peaches, milk, veg alt. mushroom rice casserole	Fish sticks, sweet potatoe tots, mandarin oranges, milk, veg alt.corn bites	Spaghetti and meat sauce, salad, baked apples, milk, veg alt. Veggie sticks, cheese
PM Snack	Soft Pretzels, 100% low sugar fruit juice	Stawberry yogurt, orange slices, chilled water	Wheat Crackers and cheese, 100% low sugar fruit juice	Graham crackers, sliced apples, chilled water	Goldfish, 100% low sugar fruit juice
	14	15	16	17	18
AM Snack	Whole grain cereal & Milk	Yogurt w/ blueberries, milk	Bisquits and jelly, milk	French Toast w/ syrup, milk	Apple Crescents, Milk
Lunch	Turkey Meat loaf, mashed potatoes, corn, pears, veg alt. cheese rollup, milk	Turkey corn nuggets, corn, peaches, milk, veg alt. Mozzarella cheese sticks	Turkey and cheese roll ups, carrots, applesauce, Veg: cheese roll-ups	Turkey burger on whole wheat bun, sweet potatoe fries, pineapple, milk	Cheese ravioli with marinara sauce, mixed fruit, mixed vegetable, milk
PM Snack	Wheat crackers, peaches, 100% low sugar fruit juice	Fig Newtons, 100% low sugar fruit juice	Oranges, Graham Crackers, Chilled Water	Bread sticks marinara, 100% low sugar fruit juice	Soft Pretzels w/ cheese, 100% fruit juice
	21	22	23	24	25
AM Snack	Whole grain cereal & Milk	Banana Toast, Milk	Waffles with low sugar syrup, Milk	Vanillia yogurt, granola, milk	cheerios snack bar, milk
Lunch	Cowboy Casserole, applesauce, peas, milk	Spanish rice, black beans, mixed vegetables, peaches, milk	Chicken sliders, corn, pears, milk. Veg alt. Cheese slider	BBQ Chicken with whole wheat roll, mixed fruit, green beans, milk	Whole wheat meat pizza, salad, mixed fruit, milk
PM Snack	Blueberry Muffins, Chilled Water	Soy Butter, Celery, 100% fruit juice	Animal Crackers, 100% low sugar fruit juice	cheese its, 100% low sugar fruit juice	Apple slices, Chilled Water
	28	29	30	31	
AM Snack	Whole grain cereal & Milk	Cream of Wheat, Milk	Cheese toast, milk	Blueberry muffins, milk	
Lunch	Chicken nuggets, broccoli, tropical fruit, roll, milk	Chicken salad on croissant, applesauce, mixed veg, milk, Veg. Cheese croissant	Chicken and cheese Quesadilla, corn, pears, milk, Veg: Cheese Quesadilla	Rainbow pasta salad with turkey, mixed vegetables, pineapple, milk	
PM Snack	Whole wheat crackers, cheese, chilled water	Cheddar rice cakes, 100% low sugar juice	Fig Newtons, 100% low sugar fruit juice	Cucumbers and ranch, chilled water	