October 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30	1	2	3	4
AM Snack	Cereal and Milk	Oatmeal Bars	Cereal and Milk	Fresh Fruit	
Lunch	Grilled Cheese, Soup, Pineapples and Milk	Mac and Cheese, Green Beans, Pears and Milk	Fish Sticks, Mixed Veggies, Applesauce and Milk	Bbq turkey sliders, baked beans, Apple slices and Milk	Chef's Choice
PM Snack	Pretzels	Graham Crackers and Milk	Crackers and String Cheese	Waffle Grahams	
	7	8	9	10	11
AM Snack	Waffles w/ Apple Butter	Cereal and Milk	Oatmeal Bar	Cereal and Milk	Egg Patty
Lunch	Cheese Quesadilla, Green Beans, Pineapple and Milk	Tuna on a Whole Grain Wrap, Carrots, Fruit, and Milk	Pierogies, Broccoli, Pears and Mlk	Ham and Cheese Wrap, Oranges, String Cheese and Milk	Pizza, Salad with Ranch Dressing, Peaches and Milk
PM Snack	Pretzels	Pita and Hummus	Animal Crackers	Fresh Fruit	Crackers and Cheese
	14	15	16	17	18
AM Snack	French Toast Sticks	Cereal and Milk	Oatmeal Bar	Bagels and Cream Cheese	
Lunch	Turkey and Rice Pilaf, Peas and Milk	Grilled Chicken, Corn, Mixed Fruit and Milk	Ravioli with Tomato Sauce, Mixed Veggies, Peaches and Milk	Turkey and Cheese on Whole Grain Bread, Fruit, Carrot Sticks and Milk	Chef's Choice
PM Snack	Rice Cakes and Milk	Pretzel Fish	Crackers and String Cheese	Animal Crackers and Milk	
	21	22	23	24	25
AM Snack	Yogurt and Granola	Cereal and Milk	Waffles	Cereal and Milk	Oatmeal Bars
Lunch	Sweet and Sour Chicken, White Rice, Broccoli and Milk	Turkey Tacos, Corn, Fresh Fruit and Milk	Pasta with Tomato Sauce, Green Beans, Pears and Milk	Hamburgers, Sweet Potato Fries, Carrots and Milk	Pizza, Applesauce, Green Beans and Milk
PM Snack	Graham Crackers and Milk	Gold fish Crackers	Cucumbers and Ranch Dressing	Crackers and String Cheese	Waffle Grahams
	28	29	30	31	
AM Snack	Cereal and Milk	Waffles	Muffins	Happy Halloween!	
Lunch	Chicken Nuggets, Sweet Potato Fries, Carrots and Milk	Meat loaf, mashed potatoes, Peas and milk	Bow tie pasta and Parmesan, Diced Carrots, Pears and milk	Chef's Choice	
PM Snack	Goldfish Crackers	Apple Slices	Wheat thins and Hummus		

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