October 2019 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30	1	2	3	4
AM Snack	Yogurt cups	Oatmeal Bars and Milk	Cereal and Milk	English Muffins and Milk	Cereal and Milk
Lunch	Grilled Chicken Patty, Potatoes, Broccoli and Milk	Mac and Cheese, Diced Carrots, Pineapple and Milk	Chicken Nuggets, Green Beans, Applesauce and Milk	Cheese Quesadilla,Corn, Apple Slices and Milk	Cheese Ravioletti, Peas, Pears and Milk
PM Snack	String Cheese and Crackers	Spikers Crackers	Waffle Grahams	Goldfish Crackers	Rice Cakes and Milk
	7	8	9	10	11
AM Snack	Whole Grain Waffles with Apple Butter	Cereal and Milk	Whole Grain Bagel with Cream Cheese	Oatmeal Bars and Milk	
Lunch	Cheese Tortellini, Green Beans, Peaches and Milk	Pizza, Applesauce, Peas and Milk	Bow Ties with Parmesan, Diced Carrots, Pineapple and Milk	Grilled Cheese Sandwich, Tater tots, Applesauce and Milk	Chef's Choice
PM Snack	Pita and Hummus	Crackers and Cheese	Goldfish	Animal Crackers and Milk	
	14	15	16	17	18
AM Snack	Cereal and Milk	Oatmeal Bars and Milk	Cereal and Milk	Pancakes and Milk	Oatmeal Bars
Lunch	Grilled Chicken Patty, Potatoes, Broccoli and Milk	Hamburger on Whole Grain Roll, Peas, Mandarin Oranges and Milk	Meatloaf, Corn, Peaches and Milk	Turkey and Cheese Sandwich on Whole Grain Bread, Bananas, Yogurt and Milk	Chicken Nuggets, Broccoli, Pineapple and Milk
PM Snack	Sunchips	Whole Grain Goldfish Crackers	Oatmeal Cookie and Milk	Animal Crackers and Milk	String Cheese
	21	22	23	24	25
AM Snack	Yogurt and Milk	Cereal and Milk	Oatmeal Bars and Milk	Cereal and Milk	
Lunch	Chicken Nuggets, Green Beans, Fruit Cocktail and Milk	Cheese Tortellini, Salad with Ranch Dressing, Pears and Milk	Grilled Chicken Patty, Mixed Vegetables, Pears and Milk	Turkey and Cheese Roll ups, Green Beans, Peaches and Milk	Chef's Choice
PM Snack	Goldfish Crackers	Yogurt and Raisins	Crackers and Cheese	Graham Crackers	
	28	29	30	31	1
AM Snack	Oatmeal Bars	Cereal and Milk	Muffins and Milk		Cereal and Milk
Lunch	Turkey and Cheese Roll ups, Bananas, Yogurt and Milk	Fish Sticks, Diced Potatoes, Peaches and Milk	Chicken Parm, Green Beans, Mixed Fruit and Milk	Chef's Choice	Pizza, Peas, Pears and Milk
PM Snack	Goldfish	Pudding	Bananas		Waffle Grahams