



October 2019 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	30 Nutrigrain Cereal Bar, Juice	1 Cheese Slices & Townhouse Crackers	2 Nutrigrain Cereal Bar	3 String Cheese + Cheez-Its	4 Strawberry Yogurt + Granola
Lunch	Spinach Tortellini w/ Marinara Sauce, Corn & Carrots, Mixed Fruit, Organic Milk	Chicken Parmesan (V: Soy Nugget Parmesan). Green Beans. Diced Peaches. Organic Milk.	Chef's Choice	Hot Ham & Cheese on a Bun or Croissant (V: Grilled Cheese). Mixed Veggies, Pineapple Tidbits, Organic Milk.	Baked Chicken Nuggets (V: Soy Nuggets), Mandarin Oranges, Organic Milk.
PM Snack	Cheesy Breadsticks + Dip	Snack Mix	Oatmeal Cookies & Fruit	Fresh Fruit	Mini Bagels & Cheese Cheese
AM Snack	7 Goldfish Crackers	8 Graham Crackers + Cream Cheese	9 Trail Mix, Juice	10 English Muffin + Grape Jelly	11 Nutrigrain Bar
Lunch	Cheeseburger on a Bun (V: Cheese Sandwich). Steamed Carrots. Diced Pears. Organic Milk	Chicken Tenders (V: Soy Nuggets). Mixed Veggies. Peaches. Organic Milk.	Pasta w/ Marinara Sauce, Corn or Carrots. Mixed Fruit. Organic Milk.	Bean & Cheese Quesadilla. Spanish Rice w/ vegetables. Mandarin Oranges. Organic Milk.	Vegetable Soup. Breadsticks. Fresh Banana. Organic Milk.
PM Snack	Sun Chips & Cheese	Crackers + WowButter	Yogurt + Granola	Chef's Choice	Snack Mix
AM Snack	14 Goldfish Crackers	15 Crackers + Cream Cheese	16 Yogurt + Granola	17 Oyster Crackers + Cheese	18 Trail Mix
Lunch	Baked Chicken Nuggets (V: Soy Nuggets). Mashed Potatoes w/ or w/o gravy. Diced Pears, Organic Milk	Cheese English Muffin w/ or w/o Sausage. California Veggies. Mixed Fruit. Organic Milk	Fish Nuggets. Green Beans. Mandarin Oranges. Organic Milk.	Sloppy Joe Sandwich (V: Cheese Sandwich). Potato Triangles. Diced Peaches. Organic Milk	Pasta w/meatless crumbles. Corn or Carrots. Applesauce. Organic Milk.
PM Snack	Animal Crackers + Fruit	Nacho Chips + Cheese Dip, Juice	Chef's Choice	Fresh Fruit	Warm Pretzels + Dip
AM Snack	21 NutriGrain Cereal Bar	22 Cheese + Crackers	23 Strawberry Yogurt + Granola	24 Trail Mix	25 Graham Crackers + Cream Cheese
Lunch	Baked Chicken Nuggets (V: Soy Nuggets). Green Beans. Diced Pears. Organic Milk	Cheesy Pasta w/ or w/o Chicken. California Veggies. Pineapples. Organic Milk	Chef's Choice	Chicken Patty on a bun. Peas. Diced Peaches. Organic Milk.	French Toast Sticks w/ or w/o Turkey Sausage. Baked Hashbrown Potato. Applesauce. Organic Milk.
PM Snack	Veggie Straws + Cheese Slices	Sun Chips, Juice	Animal Crackers + Applesauce	Fresh Fruit	Mandarin Oranges + Pineapple. Animal Crackers. Water
AM Snack	28 NutriGrain Cereal Bar	29 Crackers and String Cheese	30 Trail Mix	31 Chef's Choice	
Lunch	Spinach Tortellini w/ Marinara Sauce, Corn or Carrots, Mixed Fruit, Organic Milk	English Muffin Cheese Pizza, Steamed Peas, Diced Peaches, Organic Milk	Baked Chicken Tenders (V: Soy Nuggets), California Veggies, Mandarin Oranges, Organic Milk	"Ghoul"ash w/ Meatless Crumbles, Green Beans, Rosy Applesauce, Organic Milk	
PM Snack	Cheesy Breadstick + Dip	Nacho Chips + Dip	Fresh Fruit Salad	Chef's Choice	

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