



October 2020 Menu



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---|---|---|--|---|
| | | | | 1 | 2 |
| AM Snack | | | | Cereal and Milk | Caramel Rice Cakes and Fruit |
| Lunch | | | | Sloppy Joes on a Bun, Green Beans, Applesauce (v: Sunbutter and Jelly on a Bun) | Grilled Chicken, Mixed Veggies, Pineapple (v: Meatless Chicken Nuggets) |
| PM Snack | | | | Soft Pita Chips and Hummus | Goldfish Crackers and String Cheese |
| | 5 | 6 | 7 | 8 | 9 |
| AM Snack | Cottage Cheese and Fruit | Graham Crackers and Cream Cheese | Muffins and Milk | Strawberry Yogurt and Granola | Belvita Breakfast Biscuit and Milk |
| Lunch | Chicken Parmesan, Peas & Carrots, Applesauce (v: Meatless Chicken Parmesan) | Chicken and Rice Casserole, Mixed Veggies, Pineapple (v: Cream of Mushroom Casserole) | Ham and Cheese Roll-Ups, Tomato Soup, Green Beans, Pears (v: Cheese Roll-Ups) | Egg and Cheese English Muffin, Broccoli, Peaches (l/t sub: Turkey Sausage and Cheese English Muffins) | Meatloaf, Mashed Potatoes, Carrots, Pears (v: Meatless Chicken Nuggets) |
| PM Snack | Wheat Thins and Cheese Slices | Tortilla Chips and Nacho Cheese (l/t: Cheerios and Fruit) | Breadsticks with Marinara Sauce | Graham Crackers and Sun Butter | Soft Pretzel Bites and Nacho Cheese (l/t: Ritz Crackers and Cheese Slices) |
| | 12 | 13 | 14 | 15 | 16 |
| AM Snack | Nutrigrain Bars and Fruit | Cereal and Milk | Wheat Thin Crackers and Cheese Slices (l/t: Ritz Crackers) | Biscuits and Turkey Sausage | Waffle Sticks and Milk |
| Lunch | English Muffin Pepperoni Pizza, Carrots, Mixed Fruit (v: Cheese English Muffin Pizza) | Mac and Cheese with Diced Ham, Mixed Veggies, Pineapple | Chicken Tenders on a Bun, Carrots, Peaches (v: Meatless Chicken Nuggets) | Beef Tacos, Broccoli, Apple Slices (v: Beef Crumble Sub.) | Sweet & Sour Turkey Meatballs, Stir Fry Veggies, Pineapple (v: Garden Burger Patty) |
| PM Snack | Animal Crackers and Applesauce | Soft Pita Chips and Hummus | Apples and Sun Butter (l/t: Cheerios and Applesauce) | Sunchips and Salsa (l/t: Goldfish Crackers and Cheese) | Strawberry Yogurt and Graham Crackers |
| | 19 | 20 | 21 | 22 | 23 |
| AM Snack | Nutrigrain Bars and Fruit | Biscuits and Jelly | Soft Pita Chips and Sun Butter | Bagels and Cream Cheese | Belvita Breakfast Biscuit and Milk |
| Lunch | Chicken Tenders on a Bun, Mixed Veggies, Pineapple (v: Sun Butter and Jelly on a Bun) | Mac and Cheese with Beef Crumbles, Broccoli, Mixed Fruit (v: Mac and Cheese) | Turkey Sausage and Cheese on English Muffin, Carrots, Pears (v: Sun Butter and Jelly on English Muffin) | Chicken Stir Fry with Brown Rice and Sweet & Sour Sauce, Stir Fry Veggies, Mandarin Oranges (v: Vegetarian Stir Fry) | Cheeseburger Sliders, Sweet Potato Tots, Fresh Fruit (v: Garden Burger) |
| PM Snack | Graham Crackers and Sun Butter | Bosco Sticks and Marinara Sauce | Animal Crackers and Fruit | Ritz Crackers, Pepperoni, Cheese | Naan Bread and Hummus |
| | 26 | 27 | 28 | 29 | 30 |
| AM Snack | Cereal and Milk | Caramel Rice Cakes & Fruit | Graham Crackers and Sun Butter | Warm Oatmeal and Bananas | French Toast Sticks and Milk |
| Lunch | Cheesy Hash brown and Ham Bake, Mixed Veggies, Pears | Creamy Chicken and Noodles, Broccoli, Mixed Veggies (v: Cream of Mushroom Noodles) | Pancakes, Turkey Sausage, Hash Browns, Peaches | Chicken Tacos, Mixed Veggies, Pineapple (v: Soy Chicken Taco) | Chicken Nuggets, Mashed Potatoes, Green Beans, Apple Slices (v: Meatless Chicken Nuggets) |
| PM Snack | Bosco sticks with Marinara Sauce | Tortilla Chips and Nacho Cheese (l/t: cheese and crackers) | Goldfish Crackers and String Cheese | Apples and Cheese Slices (l/t: Applesauce and Cheese Slices) | Sunchips and Salsa(l/t: Cheerios and Fruit) |