

# October 2020 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack				Yogurt	Cereal and Milk
Lunch					Hamburgers, Green Beans, Fruit cup and milk
PM Snack				String Cheese	Rice Cakes and Milk
AM Snack	Fruit cup and Milk	Cereal and Milk	Muffins	Oatmeal Bars	Cereal and Milk
Lunch	Fish Bites, Peas, Peaches and Milk				Chicken Nuggets, Corn, Pineapple and Milk
PM Snack	Apples	Pudding	Pretzel Goldfish and Milk	Chex Mix	Applesauce
AM Snack	Cereal and Milk	Muffins and Milk	Cereal and Milk	Oatmeal Bars	Yogurt
Lunch	Sunbutter and Jelly uncrustables, Carrots, Applesauce and Milk				Pizza, Peas, Pears and Milk
PM Snack	Sunchips	Whole Grain Goldfish Crackers	Oatmeal Cookie and Milk	Animal Crackers and Milk	String Cheese
AM Snack	Fruit Cup	Cereal and Milk	Oatmeal Bars	Yogurt	Cereal and Milk
Lunch	Fish Bites , Carrots, Apple Slices and Milk				Chicken Patty on a whole grain Roll, Corn, Fruit Cup and Milk
PM Snack	Ritz bits with Cheese	Yogurt	Bear Grahams	Spikers Crackers	Chex Mix
AM Snack	Oatmeal Bars	Cereal and Milk	Muffins	Fruit Cup and Milk	Cereal and Milk
Lunch	Grilled Chicken Patty, Diced Potatoes, Peaches				Hamburgers, Green Beans, Fruit cup and milk
PM Snack	Pretzel Goldfish	Pudding	String Cheese	Ritz bits with Cheese	Waffle Grahams