



October Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	28	29	30	1	2
Breakfast					
AM Snack	Ritz Crackers and Sun Butter, Water (I/T Ritz Crackers and Apple butter)	Goldfish and Applesauce, Water	Bagels and Cream Cheese, Water	Strawberry Yogurt and Blueberries, Water	Graham Crackers and Apple butter, Water
Lunch	Tomato Soup, Grilled Cheese, Steamed Green Beans, Diced Pears	Pasta with Meatballs & Marinara Sauce, Steamed Broccoli, Diced Pineapple, Milk (V-Veggie meatballs)	Taco Salad, Steamed Corn, Diced Peaches, Milk (I/T- Steamed Broccoli)	Brown Rice with Diced Ham, Zucchini, Tropical Fruit, Milk (V-Cheesy Rice)	Mini Bagel Pizza, Steamed Sliced Carrots, Mandarin Oranges, Milk
PM Snack	String Cheese and Fig Newton's, Water	Wheat Thins, Fruit Cocktail, Water	Hawaiian Rolls, Hummus, Water	Sun Chips and Bananas, Water	Homade Jell-O with Fresh Fruit, Water
	5	6	7	8	9
Breakfast					
AM Snack	Mini Bagels and Cream Cheese, Water	vanilla yogurt and Granola, water (I/T- Vanilla Yogurt and Graham)	Goldfish and Diced Pears, Water	Teddy Grahams and Fruit Cocktail, Water	Cornbread, Apple butter, Water
Lunch	Chicken Nuggets, California Melody, Fruit Cocktail, Milk	Pancakes, Syrup, Turkey Sausage, Steamed Green Beans, Fresh Blueberries (V-Veggie Burger)	Cheesy Chicken and rice Casserole, Steamed Broccoli, Tropical Fruit, Milk (V-Cheesy Rice)	Baked Potato Soup, Warm Biscuit, Steamed Corn, Diced Pineapple, Milk (I/T- Steamed Broccoli) (V- Tomato Soup)	Mini Burgers, Fresh Baby Carrots, Applesauce, Milk (V- Veggie Burger)
PM Snack	Fresh Baby Carrots with Ranch, Water	Tortilla Chips, Salsa, Water (I/T- Soft tortilla Shell with Salsa)	Pita Chips, Hummus, Water (I/T- Pita Bread)	String Cheese, Saltine Crackers, Water	
	12	13	14	15	16
Breakfast					
AM Snack	Goldfish, Mandarin Oranges, Water	Hash browns, Mangos, Water	Yogurt, Granola, Water	Wheat Thins, Cream Cheese, Water	Apple Butter Muffins, Water
Lunch	English Muffin Pizza, Steamed Sliced Carrots, Tropical Fruit, Milk	Mac & Cheese, Veggie Tots, Mandarin Oranges, Milk (I/T - Ritz Crackers)	Chicken Tagna with Pita Bread, Steamed Corn, Tropical Fruit, Milk (I/T Graham Crackers, Steamed Zucchini) (V- Cheese and Mango Fruit)	Cream of Broccoli Soup, Cornbread, Steamed Carrots, Diced Pears, Milk (V - Veggie Soup with Noodles)	Beef Crumble's with Rotini Noodles and Marinara Sauce, California Melody, Fruit Cocktail, Milk
PM Snack	Hawaiian Roll, Hummus, Water	Sun Chips with Diced Peaches, Water	Teddy Grahams, Banana, Water	Townhouse Crackers, Sliced Cheese, Water	Trail Mix, Water
	19	20	21	22	23
Breakfast					
AM Snack	Pancakes, Mangos, Water	Hash browns and Peaches, Water	Graham Crackers and Applesauce, Water	Apple Cinnamon Nutri-grain Bar, Water	Vanilla Yogurt, Fresh Fruit, Water
Lunch	Turkey and Cheese Sandwich, Peas, Diced Pears, Milk (I/T Ritz Crackers & Spinach Dip) (V-Veggie Burger)	Chili Mac, Steamed Corn, Tropical Fruit, Milk (I/T- Steamed California Melody) (V-Mac and Cheese)	Meatballs with Brown Rice, Steamed Broccoli, Mandarin Oranges, Milk (V-Meatless Meatballs)	Cheese Pizza, Steamed Zucchini, Diced Pineapple, Milk (I/T- Teddy Graham and Bananas)	French Toast Sticks, Turkey Sausage, Apple Sauce, Hash Browns, Milk
PM Snack	Wheat Thins, Spinach Dip, Water	Frozen Yogurt Bar, Water	String Cheese, Goldfish, Water,	Sun Chips and Bananas, Water	Chips and Salsa, Water
	26	27	28	29	30
Breakfast					
AM Snack	Strawberry Yogurt and Granola, Water (I/T Graham Crackers and Yoourt)	Fig Newton's and Diced Pears, Water	Wheat Thins and Cream Cheese Dip, Water (I-Townhouse Crackers)	Cinnamon Crumble Muffins, Water	Blueberry Nutri-grain Bars, Water
Lunch	Pulled Pork w/ Cornbread, California Veggie Blend, Fruit Cocktail, Milk (V-Veggie Burgers)	Vegetarian Chili, Steamed Corn, Mandarin Oranges, Milk	Chicken Nuggets, Green Beans, Applesauce, Milk (V-Veggie Burger)	Teriyaki Meatballs, Diced Peaches, Steamed Broccoli, Milk (I/T Grilled Cheese)	Chicken Alfredo, Steamed Peas, Tropical Fruit, Milk (V- Alfredo Pasta)
PM Snack	Hawaiian Roll and Diced Pineapple, Water	Ritz Crackers and Cheese Slices, Water	Chex Mix, Water	Tortilla Chips and Cheese Dip, Water	Pita Chips and Spinach Dip, Water (I/T- Pita Bread)