

October 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack					1 applesauce
Lunch					ravioli, salad & fruit
PM Snack					goldfish
AM Snack	4 banana	5	6 cheese & crackers	7 muffin	8 oatmeal bar
Lunch	tacos, rice, cucumbers & dip	Chef's Choice	chicken nuggets, buttered noodles & veggie	meatloaf, mashed potato & veg	pierogies, peppers w/dip & fruit
PM Snack	fruit		apple slices	fruit	tortilla chips & salsa
AM Snack	11 oranges	12	13 yogurt	14 cereal	15 bagel w/cream cheese
Lunch	pancakes, hashbrown & fruit	Chef's Choice	pizza, salad & fruit	sweedish meatball nuggets, noodles & veggie	chicken parm, veggies & fruit
PM Snack	waffle grahams		cracker bites	fruit	oatmeal cookie
AM Snack	18 oatmeal bar	19	20 banana	21 cereal	22 cereal
Lunch	sunbutter & jelly sandwich, wheat chips & fruit	Chef's Choice	creamy bacon & bowtie pasta & veggie	cheesy broccoli w/chicken rice & fruit	french toast sticks, sausage patty & fruit
PM Snack	carrot sticks & hummus		graham crackers	apple slices	oranges
AM Snack	25 granola bar	26	27 yogurt	28 muffin	29 Halloween Class Party
Lunch	burger sliders, beans & baked fries	Chef's choice	red beans w/rice, cucumbers w/dip & fruit	shephards pie & fruit	grilled cheese, soup & tater tots
PM Snack	fruit		animal crackers	pudding	"Boo"nana