

# October Menu 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack					1 Cereal and Milk
Lunch					Meatballs, Mixed Veggies, Applesauce and Milk
PM Snack					Trail Mix
AM Snack	4 Cereal and Milk	5 Muffins and Milk	6 Yogurt and Milk	7 Cereal and Milk	8 Chef's Choice
Lunch	Sunbutter and Jelly, Carrots, Mixed Fruit and Milk	Cheesy Ranch Chicken, Pears, Mixed Veggies and Milk	Pasta with Parmesan, Green Beans, Peaches and Milk	Sloppy Joe, Corn, Oranges and Milk	
PM Snack	Animal Crackers	Pretzel Fish	Oatmeal Cookies	Graham Crackers and Sunbutter	
AM Snack	11 Oatmeal Bars	12 Cereal and Milk	13 Muffins and Milk	14 Cereal and Milk	15 Yogurt and Milk
Lunch	Turkey Burger on WG roll, Peas, Pears and Milk	Grilled Chicken Patty, Green Beans, Peaches and Milk	Pierogies, Carrots, Applesauce and Milk	Mac and Cheese, Corn, Oranges and Milk	BBQ Chicken Strips, Mixed Veggies, Mixed Fruit and Milk
PM Snack	Waffle Grahams	Chips and Salsa	Crackers and String Cheese	Pretzel	Trail Mix
AM Snack	18 Cereal and Milk	19 Muffin with Milk	20 Cereal and Milk	21 Yogurt and Milk	22 Chef's Choice
Lunch	Pierogies, Green Beans, Applesauce and Milk	Hamburgers on Whole Grain Bun, Corn, Pears and Milk	Italian Chicken, Peas, Peaches and Milk	Cheese Sandwich on Whole Grain Bread, Apple Slices, Mixed Veggies and Milk	
PM Snack	Animal Crackers	Waffle Grahams	Spiker Crackers	Chips and Salsa	
AM Snack	25 Cereal and Milk	26 Oatmeal Bars and Milk	27 Cereal and Milk	28 Yogurt and Milk	29 Cereal and Milk
Lunch	Meatloaf, Peas, Apple Slices	Ravioletti, Green Beans, Peaches and Milk	Italian Chicken, Corn, Oranges and Milk	Pierogies, Broccoli, Pears and Milk	Meatballs, Mixed Veggies, Applesauce and Milk
PM Snack	Spikers Crackers	Waffle Grahams	WG Goldfish	Crackers and Cheese	Trail Mix

