



October 2021 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal & Milk 4	Cereal & Milk 5	Cereal & Milk 6	Cereal & Milk 7	Cereal & Milk 8
AM Snack	Bagel, Strawberry Cream Cheese, Water	Cottage Cheese, Peaches, Water	Oatmeal, Crasins, Water	Vanilla Goldfish, Water	Strawberry Cheerio Bar, Juice
Lunch	Chicken Nuggets, Baked Beans, Pineapple, Milk	Moz. Bread Sticks, Veggie Blend, Honeydew, Milk	Salsbury Steak, Mashed Potato, Banana, Corn Bread, Milk	Shredded Chicken Rice Casserole, carrots, Pears, Milk	Turkey & Cheese Wrap, Potato Salad, Mangos, Milk
PM Snack	Veggie Straws, Juice	Apple Cinnamon Muffin, Juice	Nutri-grain Bar, Juice	English Muffin, Jelly, Water	Cheez-Its, Juice
Breakfast	Cereal & Milk 11	Cereal & Milk 12	Cereal & Milk 13	Cereal & Milk 14	Cereal & Milk 15
AM Snack	Mixed Snack	Goldfish, Juice	Blueberry Bread, Cream Cheese, Water	Yogurt, Dots, Water	Cinnamon Swirl Bread, Applesauce, Water
Lunch	Chicken Noodle Soup, Potato Wedges, Peaches, Milk	Taco, Corn/Cream Corn, Cantalope, Milk	Chef's Choice, Mixed Veggie & Fruit, Milk	Chicken Alfredo, Peas & Carrots, Strawberries, Garlic Bread, Milk	Egg Roll, Asian Veggie Blend, Apricot, Milk
PM Snack	Pita Chips, Salsa, Water	Graham Bunnies, Oranges, Water	Cheese Cubes, Crackers, Water	Oatmeal Choc. Bars, Juice	Cheez-Its, Juice
Breakfast	Cereal & Milk 18	Cereal & Milk 19	Cereal & Milk 20	Cereal & Milk 21	Cereal & Milk 22
AM Snack	Cheese, Ritz Crackers, Water	Lemon Breakfast Bars, Juice	Fig Newtons, Pears, Water	Apple Stuffed Sticks, Water	Oatmeal Cream Bar, Juice
Lunch	Egg Patty, Turkey Sausage, Tater Tot, Pineapple, Milk	Cheese Pizza, Salad w/Dressing, Mandarin Oranges, Milk	Cheeseburger on Wheat Bun, Carrots, Banana, Milk	Cheese Quesadilla, Black Bean and Corn/Cream Corn, Strawberries, Milk	Tuna Salad, Sweet Potato Tots, Tropical Fruit, Roll, Milk
PM Snack	Monkey Bread, Water	Biscuit, Apple Butter, Water	Pumpkin Bread, Juice	Sweet Potato Crackers, Juice	Soft Pretzel, Cheese, Water
Breakfast	Cereal & Milk 25	Cereal & Milk 26	Cereal & Milk 27	Cereal & Milk 28	Cereal & Milk 29
AM Snack	Hummus, Tortilla Chips, Water	Danish, Juice	French Toast Sticks, Water	Animal Cracker, Banana, Water	Gardetto Mix, Juice
Lunch	BBQ Chicken, Peas, Applesauce, Naan Bread, Milk	Mac & Cheese, Cauliflower, Mangos, Milk	Beef & Bean Burrito, Green Beans, Apricots, Milk	Cheeseburger Soup, Broccoli, Peaches, Oyster Crackers, Milk	Sunbutter & Jelly on Wheat Bread, Coleslaw, Honeydew, Milk
PM Snack	Vanilla Waters, Juice	Rice Cakes, Sunbutter, Water	Wheat Thin, Cheese Slices, Water	Apple Cinnamon Muffin Top, Juice	Mixed Snack, Water