

October Menu 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Oatmeal Bars 3	Yogurt 4	Cereal and Milk 5	Bananas 6	Muffins 7
Lunch	Grilled Cheese, Mixed Veggies, Peaches and Milk	Fish Sticks, Carrots, Applesauce and Milk	Chicken Nuggets, Corn, Pears and Milk	Bowtie Pasta with Butter, Peas, Pineapple and Milk	Pizza, Green Beans, Mandarin Oranges and Milk
PM Snack	Lemon Blueberry Crisps	Goldfish	Animal Crackers and Raisins	Oatmeal Cookie and Milk	Waffle Grahams
AM Snack	Oatmeal Bars 10	Yogurt 11	Cereal and Milk 12	Bananas 13	Muffins 14
Lunch	Waffles, Hashbrowns, Mixed Fruit	Hamburger, Sweet Potato Fries, Peaches and Milk	Unbreaded Chicken Nuggets, Mixed Veggies, Applesauce and Milk	Mac and Cheese, Broccoli, Pears and Milk	Deli Stackers, Carrots, Pineapple and Milk
PM Snack	Crackers and Cheese	Apple Slices	Veggie Crackers	Applesauce	Sport Bites
AM Snack	Oatmeal Bars 17	Yogurt 18	Cereal and Milk 19	Bananas 20	Muffins 21
Lunch	Cheese Quesadilla, Corn, Mandarin Oranges and Milk	Chicken Sandwich, Peas, Mixed Fruit and Milk	Diced Turkey, Rice Pilaf, Peaches and Milk	Pasta with Tomato Sauce, Green Beans, Pineapple and Milk	Turkey and Cheese Roll ups, Broccoli, Pears and Milk
PM Snack	Goldfish	Lemon Blueberry Crisps	Animal Crackers and Raisins	Oatmeal Cookie and Milk	Waffle Grahams
AM Snack	Oatmeal Bars 25	Yogurt 26	Cereal and Milk 27	Bananas 28	Muffins 29
Lunch	Grilled Cheese, Mixed Veggies, Peaches and Milk	Fish Sticks, Carrots, Applesauce and Milk	Chicken Nuggets, Corn, Pears and Milk	Bowtie Pasta with Butter, Peas, Pineapple and Milk	Pizza, Green Beans, Mandarin Oranges and Milk
PM Snack	Apple Slices	Crackers and Cheese	Veggie Crackers	Applesauce	Sport Bites













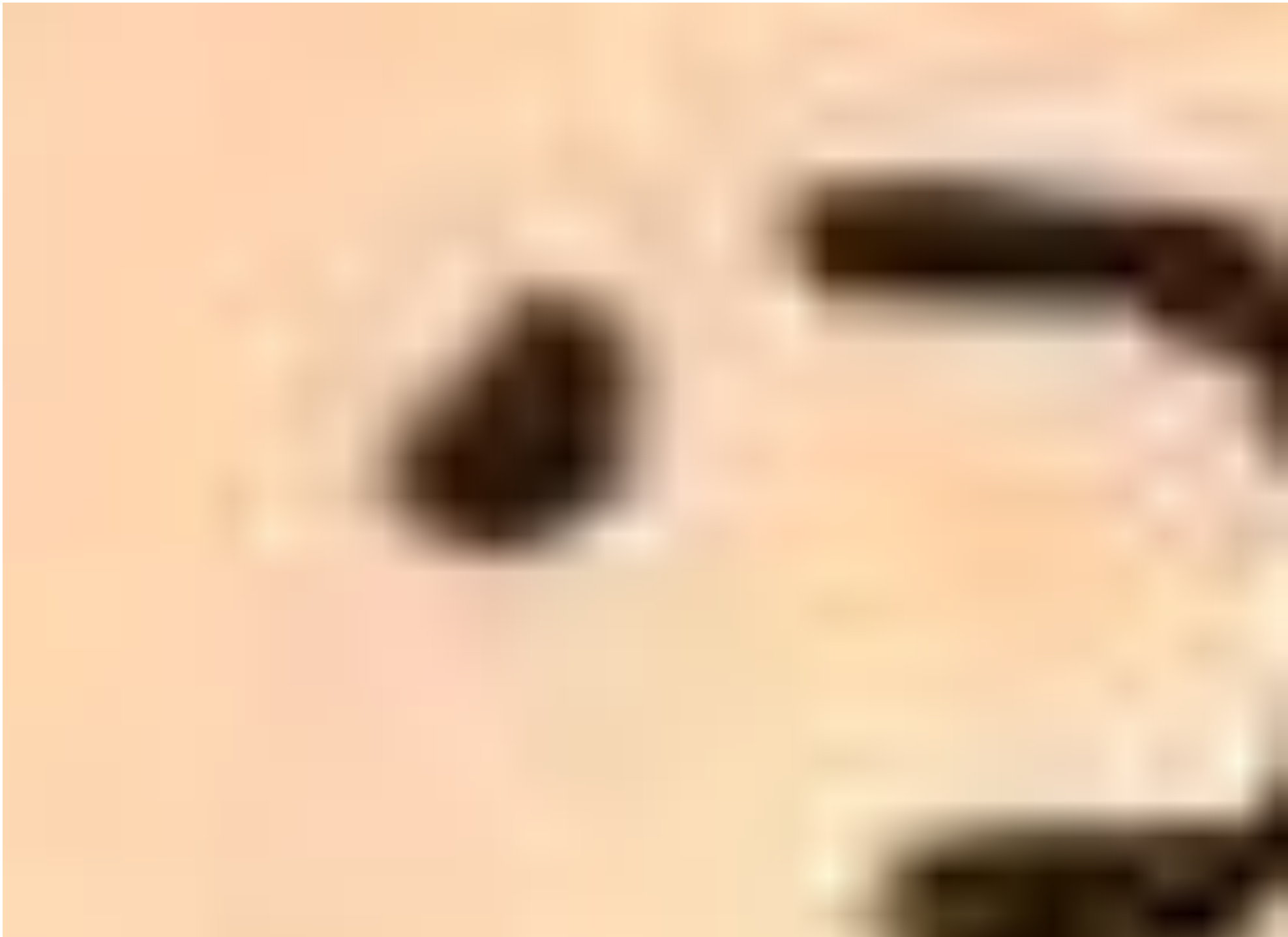






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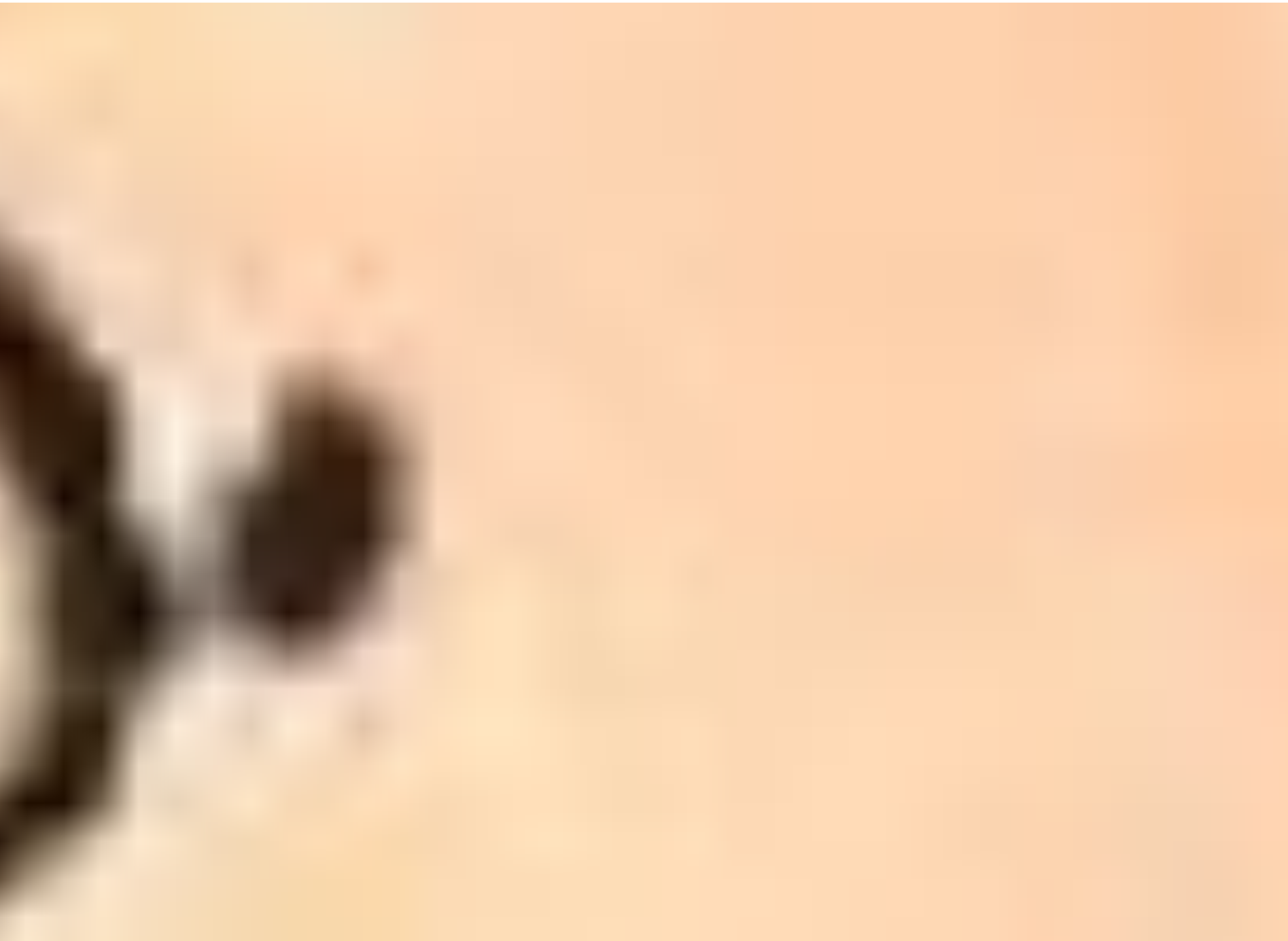




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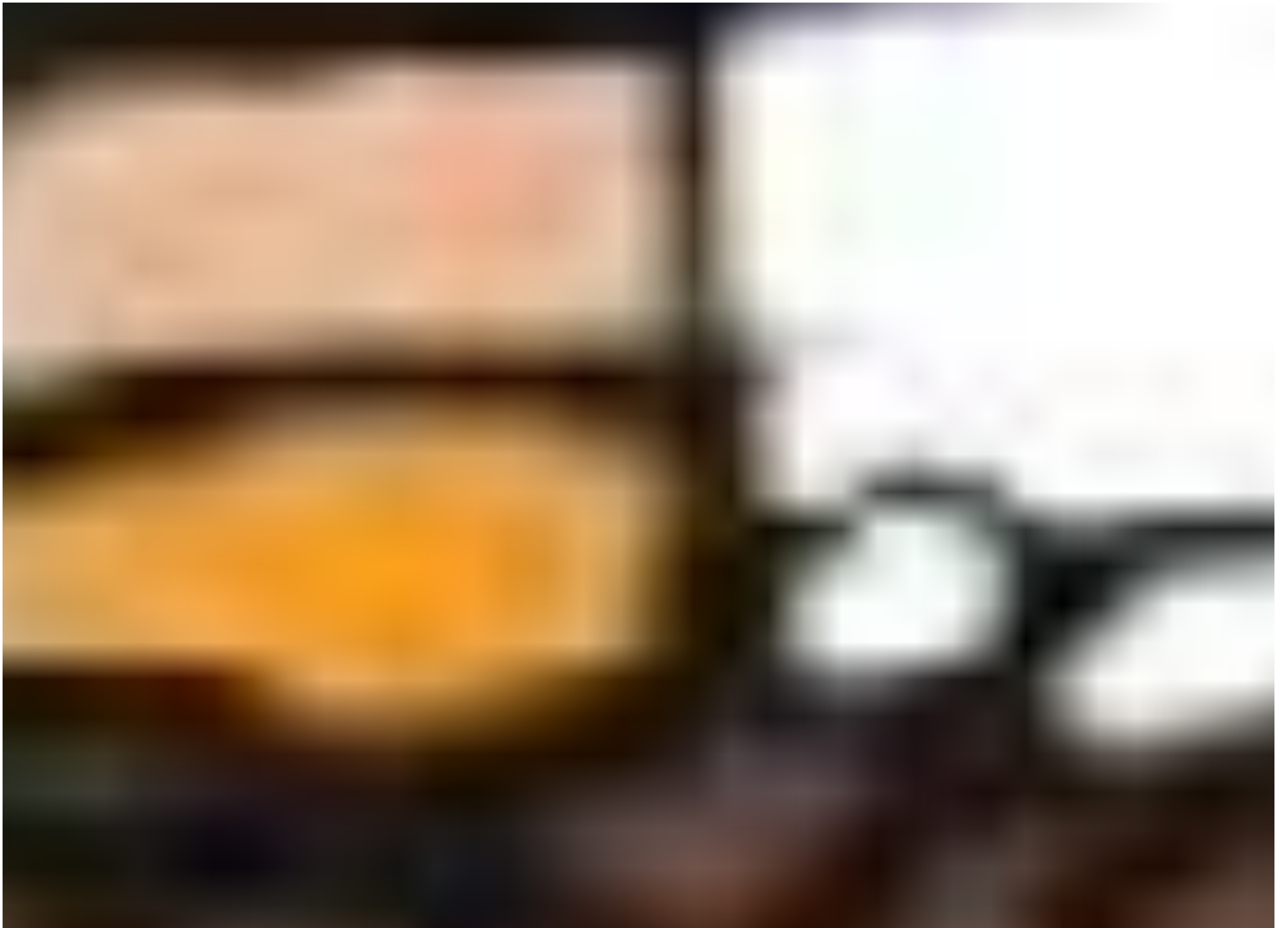




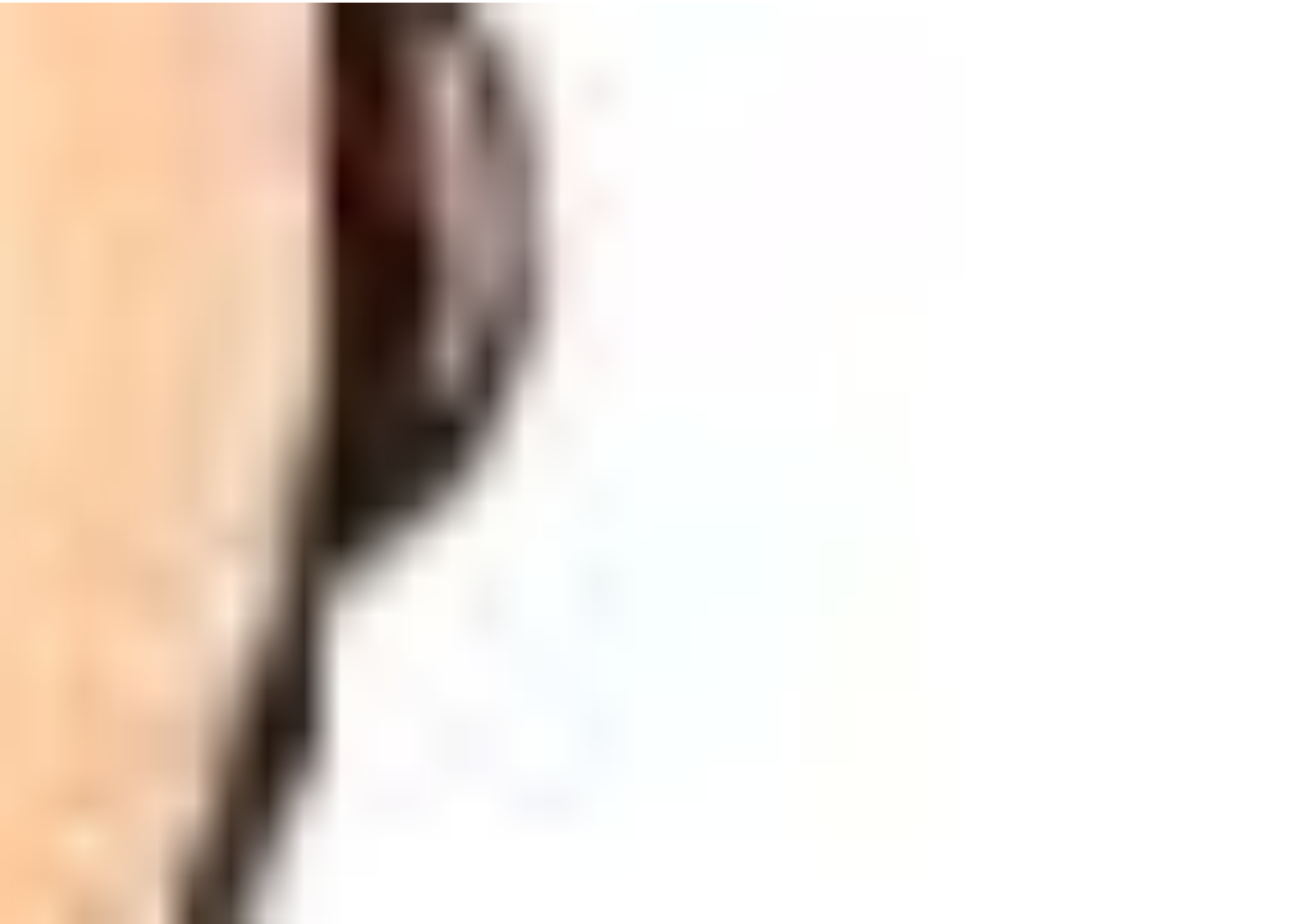
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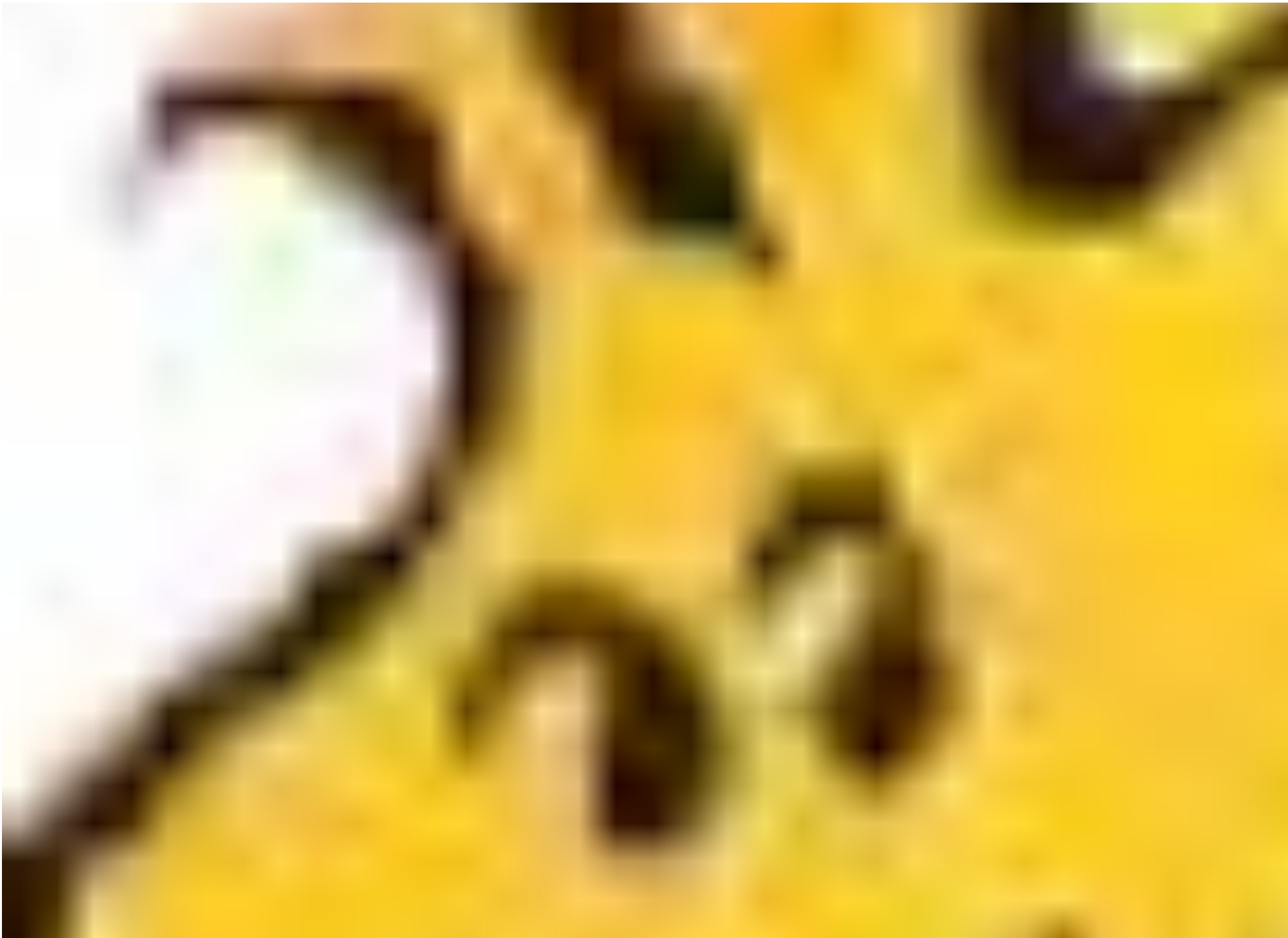
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