



# October Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	3 French Toast with Syrup, Water	4 Sausage, Fruit, Water	5 Muffins, Applesauce, Water	6 Waffles with Syrup, Water	7 Applesauce, English Muffin, Water
<b>Lunch</b>	Corn Dog Nuggets, Fries, Baked Beans, Fruit, Milk	Spaghetti with Sauce, Corn, Fruit, Milk	Chicken Tender, Green Beans and Corn, Fruit, Milk	Fish Sticks, French Fries, Fruit, Milk	Ravioli, Peas and Carrots, Fruit, Milk
<b>PM Snack</b>	Bananas, Pudding, Water	Mandarin Oranges, Water	Yogurt, Fruit, Water	Crackers, Cheese, Water	Pretzels with Sunbutter, Water
<b>AM Snack</b>	10 Bagel with Cream Cheese and Jelly, Water	11 Cereal with Milk, Banana	12 Pancake with Syrup, Water	13 Sausage with Toast, Water	14 Grits with Cheese, Water
<b>Lunch</b>	Cheese Quesadilla, Black Beans and Corn, Fruit, Milk	Chili with Beans, Cornbread, Fruit, Milk	Chicken Alfredo with Broccoli, Peaches, Milk	Hot Dogs with Beans, Fries, Fruit, Milk	Turkey Sandwich, Mixed Vegetables, Fruit, Milk
<b>PM Snack</b>	Goldfish, Fruit, Water	Oranges, Cheez Its, Water	Applesauce, Cookies, Water	Animal Crackers, Cheese, Water	Yogurt, Water
<b>AM Snack</b>	17 Muffins, Milk	18 Pancakes with Syrup, Mixed Berries, Water	19 Chef's	20 Cheerios with Milk	21 Rice Crispies with Milk, Banana
<b>Lunch</b>	Fish Nuggets, Mixed Veggies, Fruit Cocktail, Milk	Chicken Nuggets, Broccoli, Oranges, Milk	Choice	Orange Chicken, Brown Rice, Peaches, Milk	Sunbutter and Jelly Sandwich, Carrots, Pears, Milk
<b>PM Snack</b>	Graham Crackers, Water	Apples with Sunbutter, Water	Day!	String Cheese, Wheat Thins, Water	Triscuits, Cheese, Water
<b>AM Snack</b>	24 Oatmeal Bar, Applesauce, Water	25 Cereal with Milk, Banana	26 Bagels with Apple Butter, Water	27 Honey Graham's Cereal, Milk	28 Chef's
<b>Lunch</b>	BBQ Chicken Sandwich, Broccoli, Pineapple, Milk	Mozzarella Sticks w/ Sauce, Green Beans, Pears, Milk	Quesadillas, Sweet Potato Fries, Applesauce, Milk	Chicken Nuggets, Rolls, Tater Tots, Oranges, Milk	Choice
<b>PM Snack</b>	Blueberry Lemon Crisps, Water	Cheez Its, Water	Cucumbers with Ranch, Wheat Thins, Water	Yogurt, Mango, Water	Day!