



October Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	2 Cinnamon Toast, Oranges, & Water	3 Yogurt, Bananas, & Water	4 Cereal & Milk	5 Vanilla Wafers, Bananas, & Milk	6 Wheat Thins and String Cheese, & Water
Lunch	Pizza Pasta, Peas & Carrots, Peaches, & Milk	Hamburger, Potato Wedges, Pears, & Milk	Meatball Sandwich, Broccoli, Mixed Fruit, & Milk	Mac and Cheese Bites, Mixed Veggies, Applesauce, & Milk	Sloppy Joe Sandwich, Peas, Mandarin Oranges, & Milk
PM Snack	Apple Bars & Water	Soft Pretzel Sticks with Cheese & Water	Cinnamon Apples Graham Crackers & Water	Trail Mix & Water	Cheez-Its & Water
AM Snack	9 Cheerios, Bananas, & Milk	10 French Toast Sticks, Fruit & Water	11 Waffles & Milk	12 Blueberry Muffins, Bananas, & Milk	13 Honey Grahams & Milk
Lunch	Chicken Salad Sandwich, Cinnamon Apples, & Milk	Pizza, Green Beans, Apple Sauce, & Milk	Turkey Tacos, Tater Tots, Mixed Fruit & Milk	Cheese Ravioli, Salad, Peaches, & Milk	Chicken Nuggets, Peas, Pears, & Milk
PM Snack	Wheat Crackers/ Cheese & Water	Goldfish Crackers & Water	Pretzels, Bananas, & Water	Townhouse Crackers & Water	Animal Crackers, Yogurt, & Water
AM Snack	16 Cereal & Milk	17 Pancakes & Milk	18 Chicken Biscuit with Cheese & water	19 Toast with Apple slices & Water	20 Yogurt & Milk
Lunch	Spaghetti with Meat Sauce , Garlic Bread, Corn, Peaches & Milk	Chicken Quesadilla, Salad, Diced Mango, & Milk	BBQ Rib Sandwich, Tater Tots, Pineapple & Milk	Grilled Chicken Sandwich, Veggie Sticks, Strawberries, & Milk	Ham and Cheese Sandwich, Green Beans, Watermelon, Milk
PM Snack	Pretzels & Water	Muffins & Water	Fig Newton & Water	Cucumbers & Naan Bread, & Water	Teddy Grahams, Oranges, & Water
AM Snack	23 Sausage Biscuits & Milk	24 Waffles, Apple slices & Water	25 Cornflakes, Bananas, & Milk	26 Cinnamon Raisin Bagel with Cream Cheese & Water	27 Apple Muffins & Milk
Lunch	Cracker Stacker, Broccoli, Cinnamon Apples, & Milk	Pita Bread Pizza, Salad, Peaches, & Milk	Pizza Pasta, Tater Tots, Pineapple, & Milk	Chicken Nuggets ,Mashed Potatoes,Oranges, & Milk	Cheesy Chicken & Rice, Green Beans, Pears, & Milk
PM Snack	Goldfish Crackers & Water	Animal Crackers, Yogurt, & Water	Vanilla Wafer with Fruit & Water	Vanilla Pudding and Bananas & Water	String Cheese Crackers & Water
AM Snack	30 Cereal & Milk	31 Pancakes & Milk	1-Nov Chicken Biscuit with Cheese & water	2-Nov Toast with Apple slices & Water	3-Nov Yogurt & Milk
Lunch	Spaghetti with Meat Sauce , Garlic Bread, Corn, Peaches & Milk	Chicken Quesadilla, Salad, Diced Mango, & Milk	BBQ Rib Sandwich, Tater Tots, Pineapple & Milk	Grilled Chicken Sandwich, Veggie Sticks, Strawberries, & Milk	Ham and Cheese Sandwich, Green Beans, Watermelon, Milk
PM Snack	Pretzels & Water	Muffins & Water	Fig Newton & Water	Cucumbers & Naan Bread, & Water	Teddy Grahams, Oranges, & Water