



October Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	28	29	30	1	2
AM Snack	Strawberry Waffle Grahams	Apple Cinnamon Straws	Mini Bagel and Cream Cheese	Apples and Sunbutter	Chef's Choice
Lunch	Sunbutter and Jelly Sammy, Veggie, Fruit	Chicken Drummies, Veggie, Fruit	Pancake, Vegan Sausage patty, Veggie, Fruit	Cheeseburger, Veggie, Fruit	Turkey and Cheese Sammy, Veggie, Fruit
PM Snack	Vanilla Bear Grahams	Goldfish	Apple Blueberry Crunchables	Sport Bites	Veggie Straws
	5	6	7	8	9
AM Snack	Cereal & milk	Bagel with cream cheese	Biscuit with jelly	French toast	Banana loaf
Lunch	Pizza crunchers, veggie, fruit	Turkey meatloaf, mashed potatoes, fruit	Chef's Choice, veggie, fruit	Pierogi, veggie, fruit	Pasta alfredo, veggie, fruit
PM Snack	Pita & Hummas	Cucumbers & Ranch	Cheese & crackers	Apple sauce	Animal crackers
	12	13	14	15	16
AM Snack	Choice	Yogurt	Oatmeal bar		
Lunch	Grilled cheese, veggie, fruit	Egg Rolls, veggie, fruit	Grilled chicken nuggets, veggie, fruit	BBQ chicken, mashed potatoes, fruit	Breakfast for lunch, veggie, fruit
PM Snack	Gold fish	Choice	Banana & sunbutter	Carrots & Ranch	Soft pretzel
	19	20	21	22	23
AM Snack	Sunrise bites	Rice cakes & sunbutter	Sunrise bites	Choice	Pancakes
Lunch	Sunbutter & Jelly sandwich, veggie, fruit	Baked ziti, veggie, fruit	Turkey tacos, veggie, fruit	Veggie cheese burger, fries, fruit	Chicken teriyaki, rice, fruit
PM Snack	Oranges	Apple strawberry crunchables	Pretzel wheels	Veggie straws	Cheez-it
	26	27	28	29	30
AM Snack	Choice	French toast	Cereal & milk	Blueberry muffin	Oatmeal bar
Lunch	Turkey with gravy, mashed potatoes, fruit	Mac & Cheese, veggie, fruit	Chef's choice, veggie, fruit	Chicken patty sandwich, veggie, fruit	Sunbutter & Jelly sandwich, veggie, fruit
PM Snack	Crackers & Cheese	Trail mix	Carrots & Ranch	Choice	NO PM SNACK