



October Veggie Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack				1 Cereal & Milk	2 Blueberry Loaf & Milk
Lunch				Veggie Nuggets, Mashed Potatoes, Fruit & Milk	French Toast, Hashbrown, Fruit & Milk
PM Snack				Wheat Thin Crackers & Milk	Apple Straws & Milk
AM Snack	5 French Toast Sticks, 1% Milk	6 Spooner Cereal & Milk	7 Yogurt & Milk	8 Banana Loaf & Milk	9 Cereal & Milk
Lunch	Grilled Cheese, Sweet Corn, Fruit & Milk	Mac & Cheese, Peas & Carrots, Fruit & Milk	SunButter & Jelly Sandwich, Cucumber Slices (no skin) & Milk	Veggie Nuggets, Sweet Potato Puffs, Fruit & Milk	Pizza Sticks, Roasted Zucchini & Squash, Fruit & Milk
PM Snack	Townhouse Crackers, Cheese & Milk	Apple Sauce & Milk	Strawberry Grahams & Milk	Goldfish & Milk	That's It Apple Crunchers & Milk
AM Snack	12 Oatmeal Bar & Milk	13 English Muffins & Milk	14 Cereal & Milk	15 Waffles & Milk	16 Cereal & Milk
Lunch	Macaroni & light marinara, Mixed veggies, Fruit & Milk	Eggplant Parm, Tater Tots, Fruit & Milk	Grilled Cheese, Diced Fruit & Milk	Vegan Meatball w/ Marinara, Mashed Potatoes, Fruit & Milk	Cheese Tortellini, Mixed Veggies, Fruit & Milk
PM Snack	Cheeze Its & Milk	Oatmeal Cookies & Milk	Animal Crackers & Milk	Townhouse Crackers, Cheese & Milk	Veggie Straws Milk
AM Snack	19 Cinnamon Raisin Bread & Milk	20 Cereal & Milk	21 Cereal Bar & Milk	22 English Muffin & Milk	23 Cereal & Milk
Lunch	Veggie Nuggets, Steamed Baby Carrots, Fruit & Milk	Meatless Tacos Casserole, Sweet Corn, Fruit & Milk	Grilled Cheese, Diced Fruit & Milk	Pancakes, Hash Browns, Fruit & Milk	Tomato Pie, Steamed Broccoli, Fruit & Milk
PM Snack	Strawberry Grahams & Milk	Vanilla Wafers & Milk	Soft Pretzel Bites & Milk	Goldfish & Milk	Vanilla Bear Grahams & Milk
AM Snack	26 Cereal Bar & Milk	27 Cereal & Milk	28 Bagel w sunbutter & Milk	29 Cereal & Milk	30 Apple Cinnamon Loaf & Milk
Lunch	Veggie Parm Tenders, Potato Wedges, Fruit & Milk	Penne & Vegan Meatballs, Diced Fruit & Milk	Cheese Quesadilla, Steamed Garlic Broccoli, Fruit & Milk	Buttered Noodles, Mix veggies, Fruit & Milk	Cheese, Broccoli & Rice Casserole, Fruit & Milk
PM Snack	Goldfish & Milk	Animal Crackers & Milk	Rice Cakes & Milk	Oatmeal Cookies & Milk	Veggie Straws & Milk

Highlighted Yellow Contains Egg