



October Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack		1 Granola Bars & Fruit	2 Yogurt & Granola	3 Blueberry Muffins & Milk	4 Waffles Eggs
Lunch		Chicken Nuggets, Corn, Mixed Fruit	Cheese Pizza, Cucumbers, Apple Slices	Chicken Noodle Soup, Crackers, Mandarin Oranges	Turkey & Cheese Sandwiches, Cucumbers, Banana
PM Snack		Cream Cheese & Wheat Thins	Fig Newton's & Milk	Crackers & Hummus	Ritz Cheese Crackers
AM Snack	7 Cereal & Milk	8 Yogurt & Granola	9 Cinnamon Bagels & Cream Cheese	10 Oatmeal & Berries	11 Biscuits & Fruit
Lunch	Parmesan Chicken, Rice Pilaf, Mixed Veggies, Peaches	Cheese Tortellini, Green Beans, Pears	Sun Butter & Jelly Sandwiches, Carrots, Tropical Fruit	Mac & Cheese, Green Beans, Pineapple	Tomato Soup, Grilled Cheese, Bananas
PM Snack	Animal Crackers & Dried Cranberries	Vanilla Wafers & Diced Mangos/Strawberries	Pirates Booty & Apple Slices	Fruit Cups & Pretzels	Applesauce & Graham Crackers
AM Snack	14 Cereal & Milk	15 Pancakes & Turkey Sausage	16 Apple Cinnamon Muffins & Milk	17 Yogurt & Granola	18 English Muffins & Eggs
Lunch	Spaghetti, California Blend Veggies, Peaches	Turkey & Cheese Sandwiches, Carrots, Apple Slices	Chicken Nuggets, Corn, Mixed Fruit	Ham & Cheese Sandwiches, Cucumbers, Bananas	Chicken Noodle Soup, Crackers, Mandarin Oranges
PM Snack	Carrots, String Cheese	Goldfish & Raisins	Animal Crackers & Cranberries	Fruit Cups & Cheez It's	Cheese Cube & Cucumbers
AM Snack	21 Yogurt & Granola	22 Cereal & Milk	23 Biscuit & Turkey Sausage	24 Oatmeal & Berries	25 Banana Muffins & Milk
Lunch	Tomato soup, Grilled Cheese, Apple Slices	Mandarin Orange Chicken, Rice, California Blend Veggies, Tropical Fruit	Cheese Pizza, Cucumbers, Mandarin Oranges	Sun Butter & Jelly Sandwiches, Carrots, Orange Slices	Chicken Strips, Mixed Veggies, Apple Slices
PM Snack	Pirates Booty & Raisins	Pretzels & Cheese Cubes	Animal Crackers & Applesauce	Vanilla Wafers & Bananas	Cheez Its & Cucumbers/Carrots
AM Snack	28 Cereal & Milk	29 Yogurt & Granola	30 Apple Cinnamon Muffins & Milk	31 Granola Bars & Fruit	
Lunch	Cheese Raviolis, Green Beans, Peaches	Chicken Noodle Soup, Crackers, Mandarin Oranges	Mac & Cheese, Green Beans, Pineapple	Ham & Cheese Sandwiches, Cucumbers, Bananas	
PM Snack	Apple Slices & Sun Butter	Cucumbers & String Cheese	Cheez It's & Fruit Snacks	Wheat Thins & Raisins	

