



# October 2021 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	4 Pretzels and Orange Juice	5 Fruit Bars and Water	6 Saltines with Cheese and Water	7 Cottage Cheese, Berries, and Water	8 Assorted Snack and Water
<b>Lunch</b>	Meatballs with Brown Gravy, Rice, Green Beans, Pineapples, Milk	Chicken Nuggets, Corn, Fruit Cocktail, Milk	Ham and Cheese Wraps, Carrot Sticks, Pears, and Milk	Chicken and Rice, Mixed Vegetables, Peaches, Milk	Lunch Box Day
<b>PM Snack</b>	String Cheese, Wheat Thins and Water	Cheese Crackers and Orange Juice	Fruit Snacks, Raisins, and Water	String Cheese, Pretzels, and Water	Assorted Snack and Water
<b>AM Snack</b>	11 Cottage Cheese with Berries and Water	12 String Cheese, Saltines, and Water	13 Whole Grain Cheerios, Fresh Bananas and Water	14 Vanilla Wafers and Apple Juice	15 Assorted Snack and Water
<b>Lunch</b>	Chicken Nuggets, Tator Tots, Peas and Carrots, Pears, and Milk	Biscuits and Gravy, Sausage patties, Scrambled Eggs, Orange Juice, and Milk	Chicken and Ranch Wraps, Baked Beans, Applesauce, and Milk	Spaghetti with Meat Sauce, Peas, Fruit Cocktail, and Milk	Lunch Box Day
<b>PM Snack</b>	Fresh Apples, String Cheese and Water	Graham Crackers and Apple Juice	Pears, Vanilla Yogurt, and Water	Granola Bars and Water	Assorted Snack and Water
<b>AM Snack</b>	18 Fresh Apples, Crackers, and Water	19 Whole Grain Cheerios, Raisins, and Water	20 Biscuits with Jelly and Water	21 Whole Grain Fruit Bars and Water	22 Assorted Snack and Water
<b>Lunch</b>	Chicken and Waffles, Carrot Sticks, Pineapples, and Milk	Steak Fingers, Steamed Carrots, Whole Grain Bread, Peaches, and Milk	Turkey and Cheese Wraps, Ruffles, Mandarin Oranges, Peas and Carrots, and Milk	Grilled Chicken Sandwiches, Pickles, Green Beans, Pineapples, and Milk	Lunch Box Day
<b>PM Snack</b>	Cheese Crackers and Water	Yogurt with Berries and Water	Pretzels and Milk	Whole Grain Honey Grahams, Pears, and Water	Assorted Snack and Water
<b>AM Snack</b>	25 Assorted Snack and Water	26 Yogurt with Blueberries, and Water	27 Cinnamon Grahams, Pears, and Water	28 Vanilla Yogurt with Granola and Water	29 Assorted Snack and Water
<b>Lunch</b>	Managers Choice, Assorted Vegetables, Assorted Fruit, and Milk	Cheeseburgers, Tator Tots, Applesauce, and Milk	Meat and Cheese Nachos, Refried Beans, Pineapples, and Milk	Lasagna, Broccoli, Pineapples and Milk	Lunch Box Day
<b>PM Snack</b>	Assorted Snack and Water	Whole Grain Fruit Bars and Water	Animal Crackers and Milk	Whole Grain Vanilla Wafers, Peaches, and Water	Assorted Snack and Water

