



October Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	2 Yogurts and Granola	3 Turkey Sausage & Bagel	4 Oat Bread & Juice	5 Cereal & Milk	6 Muffins & Milk
Lunch	Chicken Alfredo w/ Fruit & Veggie	Sweet & Sour Chicken w/ Fried Rice & Veggie	French Toast w/ Turkey Sausage & Eggs/Fruit	Chicken Nuggets, Veggies, & Fruit	Spanish Rice Bake w/ Black Beans & Fruit
PM Snack	Nilla Wafers & Milk	Crackers & Fruit	Crackers & Fruit	Crackers & Cheesse	Cheeze Its & Fruit
EXT. Snack	Pita Chips & Hummus	Nilla Wafers & Milk	Nilla Wafers & Milk	Nutrigrain Bar & Juice	Pretzels & Cheese
AM Snack	9 Strawberry Loaf w/ Milk	10 Toast & Cinnamon Horchata	11 Cinnamon Bread & Juice	12 Applesauce & Animal Crackers	13 Eggs & Turkey Sausage
Lunch	Green Bean Casserole w/ Fruit	Pesto Chicken Pizza w/ Fruit	Broccoli Cheddar Soup w/ Fruit	Chili w/ Crackers & Fruit	Chicken Enchilladas w/ Fruit & Veggies
PM Snack	Applesauce & Crackers	Fruit Leather & Crackers	Naan & Hummus	Pretzels & Juice	Smoothies & Crackers
EXT. Snack	Cheeze Its & Fruit	Applesauce & Crackers	Fruit Leather & Crackers	Naan & Hummus	Pretzels & Juice
AM Snack	16 Biscuits w/ Jelly, & Milk	17 Yogurt & Fruit	18 Blueberry Waffle & Turkey Sausage	19 Applesauce & Graham Crackers	20 Bagels & Cream Cheese
Lunch	Goulash w/ Fruit	Chicken Salad Wrap w/ Fruit	Stroganoff, Veggie, & Fruit	Chicken w/ Veggies & Fruit	Baked Bean Dish, Fruit, & Corn
PM Snack	Cheese & Crackers	Cheeze Its & Juice	Chex Mix & Milk	Celery w/ Ranch & Juice	Fig Bar & Juice
EXT. Snack	Fruit & Crackers	Cheese, Crackers, Water	Cheeze Its & Juice	Chex Mix & Milk	Celery w/ Ranch & Juice
AM Snack	23 Banana Bread & Milk	24 Muffins, Fruit, Milk	25 Scrambled Eggs & Biscuit	26 Cereal & Milk	27 Cinnamon Bun w/ Milk
Lunch	Alfredo Pasta w/ Fruit & Veggie	Grilled Cheese w/ Tomato Soup & Fruit	Chicken Parmesean w/ Fruit & Veggie	Ravioli w/ Fruit & Veggies	Breakfast Sandwich w/ Fruit
PM Snack	Nutrigrain Bars & Milk	Goldfish & Fruit	Naan & Hummus	Crackers w/ Jelly & Milk	Chex Mix & Juice
Ext. Snack	Celery w/ Ranch & Juice	Nutrigrain Bar & Milk	Goldfish & Fruit	Naan & Hummus	Crackers w/ Jelly & Milk

Menu is Subject to Change