



October Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6	7	8	9	10
AM Snack	Yogurt, Strawberries & Granola	Waffles, Milk & Pears	Muffins & Fruit	Cereal w/ Milk & Bananas	Pancakes, Milk & Peaches
Lunch	BBQ Chicken w/ Mashed Potatoes & Fruit	Arroz Con Pollo w/ Veggies & Fruit	Chicken Nuggets w/Tater Tots & Fruit	Sausage & Tortellini Soup W/ Veggies & Garlic Bread	Beef Quesadillas w/ Corn & Fruit
PM Snack	Pirate Booty & Apple Slices	Crackers & Pepperoni	Cheese Slices & Veggie Crackers	Animal Crackers & Oranges	Bananas & Nilla Waffers
Ext. Snack	Crackers & Pepperoni	Pirate Booty & Apple Slices	Animal Crackers & Oranges	Cheese Slices & Veggie Crackers	Rice Cakes & Sunbutter
	13	14	15	16	17
AM Snack	Turkey Sausage Biscuit & Milk	Yogurt & Mango	Nutrigrain Bars & Milk	Mini Bagel & Cream Cheese	Sunbutter Toast & Bananas
Lunch	Grilled Cheese Sandwich w/ Tomato Soup & Veggies	Spaghetti In Marinara w/ Vegetables	Chicken Teriyaki w/ Rice & Fruit	English Muffin Pizza W/ Fruit & Veggies	Taco Cups w/ Green Beans
PM Snack	Goldfish & Oranges	Pita Bread & Hummus	Rice Cakes & Sunbutter	Smoothie & Crackers	Oranges & Goldfish
Ext. Snack	Pita Bread & Hummus	Oranges & Goldfish	Cheez Its & Cucumbers	Rice Cakes & Sunbutter	Smoothie & Crackers
	20	21	22	23	24
AM Snack	Yogurt & Peaches	Cereal w/ Milk & Bananas	Pancakes & Eggs	Nutrigrain Bars & Milk	Waffles, Pears & Milk
Lunch	Cheese Burgers w/ Baked Beans & Fruit	Beef Taquitos w/ Veggies & Fruit	Mac & Cheese w/ Green Beans	French Toast Sticks w/ Turkey Sausage & Fruit	Popcorn Chicken w/ Veggies & Apples
PM Snack	Cheez Its & Cucumbers	Pirate Booty & Apple Slices	Ritz & Pepperoni	Veggie Crackers & Cheese	Bananas & Nilla Waffers
Ext. Snack	Pirate Booty & Apple Slices	Ritz & Pepperoni	Fruit & Crackers	Bananas & Nilla Waffers	Veggie Crackers & Cheese
	27	28	29	30	31
AM Snack	Sunbutter Toast & Bananas	Smoothie & Crackers	Yogurt w/ Berries & Granola	Nutrigrain Bars & Milk	
Lunch	Half Day - Parent Teacher Conferences	Beef Quesadillas w/ Corn & Fruit	Pizza Fundraiser 🍕	Classroom Party Food	School Closure
PM Snack		Goldfish & Oranges	Rice Cakes & Sunbutter		
Ext. Snack		Rice Cakes & Sunbutter	Goldfish & Oranges		

Menu is subject to change