



October Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack			1 Cheerios w/ Banana	2 Biscuits and Sausage	3 Bagels w/ Cream Cheese
Lunch			BBQ Meatballs, Mash Potatoes, Green Beans, and Applesauce	Soft Chicken and Cheese Tacos with Corn and Seasonal Fruit	Chicken Nuggets with Mixed Veggie and Pineapple
PM Snack			Cucumbers w/ Ranch	Vanilla Wafers and Pudding	Pita w/ Hummus
AM Snack	6 Muffins w/ Milk	7 Cinnamon Roll w/ Milk	8 Cheese Toast	9 Cereal w/ Milk	10 Oatmeal w/ Blueberries
Lunch	Spaghetti and Meat Sauce with Broccoli and Peaches	Mac and Cheese with Green Beans and Pineapple	Soft Beef Tacos with Corn and Seasonal Fruit	Orange Chicken with Rice, Mixed Veggie, and Mixed Fruit	Dino Nuggets with Broccoli and Applesauce
PM Snack	Broccoli w/ Hummus	Crackers w/ Pepperoni	Cinnamon Tortillas w/ Milk	Carrots w/ Ranch	Graham Crackers w/ Cream Cheese
AM Snack	13 Bagels w/ Cream Cheese	14 Waffles w/ Syrup	15 Cereal Bar w/ Milk	16 French Toast Sticks w/ Milk	17 Cereal w/ Milk
Lunch	Chicken Alfredo with Broccoli and Pineapple	Bean and Cheese Burritos, Corn, and Applesauce	Baked Ziti with Green Beans and Seasonal Fruit	Chicken and Cheese Quesadilla with Corn and Peaches	Chicken Nuggets with Mixed Veggies and Mixed Fruit
PM Snack	Goldfish and Oranges	Cucumbers w/ Ranch	Pita w/ Hummus	Crackers w/ Cheese Sticks	Broccoli w/ Hummus
AM Snack	20 Yogurt w/ Fruit	21 Cereal w/ Milk	22 Oatmeal w/ Mango	23 Bagels w/ Cream Cheese	24 Pancakes w/ Banana
Lunch	BBQ Chicken Sliders with Corn and Pineapple	Swedish Meatballs with Pasta, Veggie, and Mixed Fruit	Chicken Cheese and Ranch Wrap with Veggies and Seasonal Fruit	Mac and Cheese with Green Beans and Peaches	Dino Nuggets with Broccoli and Applesauce
PM Snack	Carrots w/ Ranch	Cinnamon Tortillas w/ Milk	Crackers and Cheese Sticks	Cucumbers w/ Ranch	Crackers w/ Pepperoni
AM Snack	27 Cheese Toast	28 Biscuits and Jelly	29 Waffles w/ Syrup	30 Muffins w/ Milk	31 Cinnamon Roll w/ Milk
Lunch	Sweet and Sour Chicken with Veggie Rice and Seasonal Fruit	Teriyaki Meatballs with Rice, Green Beans, and Peaches	Chicken Parmesan Pasta with Broccoli and Pineapple	Turkey and Cheese Sandwich with Pickles and Mixed Fruit	Spaghetti and Meat Sauce with Broccoli and applesauce
PM Snack	Crackers w/ Hummus	Goldfish and Banana	Apples w/ Sun Butter	GORP	Bell Peppers or Carrots w/ Hummus