



October Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack				1 Bagels w/ Cream Cheese	2 Muffins w/ Banana
Lunch				Chicken Alfredo w/ Steamed Veggies and Fruit	Dino Nuggets with Veggies and Fruit
PM Snack				Carrots w/ Hummus	Applesauce and Crackers
AM Snack	5 Butter Croissants w/ Jelly	6 Cereal w/ Milk	7 Cottage Cheese w/ Mandarin Oranges	8 Cereal Bar w/ Fruit	9 Waffles w/ Sun Butter
Lunch	Sloppy Joe Sliders w/ Veggies and Fruit	Cheese Ravioli with Marinara, Veggies, and Fruit	Teriyaki Chicken with Rice, Veggies and Fruit	Swedish Meatballs with Pasta, Mixed Veggies and Seasonal Fruit	Mini Pizza Bagels w/ Veggies and Fruit
PM Snack	Teddy Grahams and Fruit	Whole Wheat Graham Crackers w/ Cream Cheese	Cucumbers w/ Hummus	Pudding w/ Nilla Wafers or Animal Crackers	Cinnamon Tortillas
AM Snack	12 Biscuits w/ Sausage	13 Muffins w/ Banana	14 Cheese Toast	15 Oatmeal w/ Mango	16 Biscuits w/ Jelly
Lunch	Baked Ziti Meatball with Veggies and Fruit	Chicken and Cheese Quesadilla with Veggies and Fruit	BBQ Meatballs Mash Potatoes Herb Green Beans and Fruit	Mac and Cheese w/ Veggies and Seasonal Fruit	French Toast Sticks w/ Sausage and Tater Tots
PM Snack	Carrots w/ Ranch	Pita w/ Hummus	Pretzels w/ Cheese	Ritz w/ Pepperoni and Cheese	Carrots w/ Hummus
AM Snack	19 Cooks Choice	20 Cereal Bar w/ Fruit	21 Waffles w/ Sun Butter	22 Yogurt w/ Granola or Cheerios	23 Toast w/ Jelly or Bacon Egg Bites
Lunch	Sweet and Sour Chicken w/ Rice, Veggies, and Fruit	Spaghetti and Meatballs w/ Veggies and Fruit	Chicken, Cheese, and Ranch Wrap w/ Veggies and Seasonal Fruit	Teriyaki Meatballs w/ Rice, Green Beans, and Seasonal Fruit	Cheese Ravioli w/ Marinara, Veggies and Fruit
PM Snack	Applesauce w/ Animal Crackers	Crackers and Cheese	Cucumbers w/ Ranch	Applesauce and Crackers	Pita w/ Hummus
AM Snack	26 Pancakes w/ Banana	27 Butter Croissants w/ Jelly	28 Bagels w/ Cream Cheese	29 Oatmeal w/ Mango	30 Cooks Choice
Lunch	Chicken Parmesan w/ Veggies and Fruit	Soft Beef Tacos w/ Corn and Seasonal Fruit	Bean and Cheese Burritos, Corn, and Seasonal Fruit	BBQ Chicken Sliders w/ Veggies and Fruit	Chicken Nuggets w/ Veggies and Fruit
PM Snack	Whole Wheat Graham Crackers w/ Cream Cheese	Cinnamon Tortillas	Ritz w/ Cheese and Pepperoni	Pretzels w/ Cheese	Pudding w/ Nilla Wafers or Animal Crackers

Menu is subject to change