



October Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
AM Snack				Biscuits, Jelly, and Milk	Corn Chex Cereal, Bananas, and Milk
Lunch				Chicken Alfredo, Steamed Veggies, Fruit, and Milk	Dino Nuggets, Veggie, Fruit, and Milk
PM Snack				Pretzelz and Cheese Sauce	Cookies and Oranges
	5	6	7	8	9
AM Snack	Fruit Loops, Mango, and Milk	Waffles, Pineapple, and Milk	Muffins and Milk	Yogurt, Strawberries, and Milk	Cheerios, Peaches, and Milk
Lunch	Sloppy Joe Sliders, Veggie, Fruit, and Milk	Cheese Ravioli with Marinara, Veggie, Fruit, and Milk	Teriyaki Chicken with Rice, Veggie, Fruit, and Milk	Swedish Meatballs with Pasta, Mixed Veggie, Seasonal Fruit, and Milk	Mini Pizza Bagels, Veggie, Fruit, and Milk
PM Snack	Belvita Bars and Pears	Strawberry Chex and Mixed Fruit	Graham Crackers and Cream Cheese	Pita Bread, Sunbutter, and Jelly	Goldfish and Apples
	12	13	14	15	16
AM Snack	Lucky Charms, Mango, and Milk	Nutrigrain Bars, Yogurt, and Milk	Bagels, Cream Cheese, and Milk	Pancakes, Sausage, and Milk	Kix, Bananas, and Milk
Lunch	Baked Ziti Meatball, Veggie, Fruit, and Milk	Chicken and Cheese Quesadilla, Veggie, Fruit, and Milk	BBQ Meatballs with Mash Potatoes, Herb Green Beans, Fruit, and Milk	Mac and Cheese, Veggie, Seasonal Fruit, and Milk	French Toast Sticks, Sausage, Tater Tots, and Milk
PM Snack	Fig Bars and Pineapple	Crackers and Cheese Sticks	Cookies and Mixed Fruit	Pirates Booty and Pears	Carrots and Ranch or Vanilla Wafers and Pears
	19	20	21	22	23
AM Snack	Cheerios, Peaches, and Milk	Waffles, Mixed Fruit, and Milk	Bagels, Cream Cheese, and Milk	Muffins and Milk	Corn Chex, Mango, and Milk
Lunch	Sweet and Sour Chicken with Rice, Veggie, Fruit, and Milk	Spaghetti with Meatballs, Veggie, Fruit, and Milk	Chicken Cheese and Ranch Wrap, Veggie, Fruit, and Milk	Teriyaki Meatballs with Rice, Green Beans, Seasonal Fruit, and Milk	Cheese Ravioli with Marinara, Veggie, Fruit, and Milk
PM Snack	Pretzels and Cheese Sauce	Pita Bread and Jelly	Teddy Grahams and Apples	Crackers and Cheese Sticks	Vanilla Wafers and Pears
	26	27	28	29	30
Lunch	Chicken Parmesan, Veggie, Fruit, and Milk	Soft Beef Tacos, Corn, Seasonal Fruit, and Milk	Bean and Cheese Burritos, Corn, Seasonal Fruit, and Milk	BBQ Chicken Sliders, Veggie, Fruit, and Milk	Chicken Nuggets, Veggie, Fruit, and Milk
AM Snack	Fruit Loops, Peaches, and Milk	Yogurt, Blueberries, and Milk	Pancakes, Mixed Fruit, and Milk	Nutrigrain Bars, Pears, and Milk	Lucky Charms, Mango, and Milk
PM Snack	Crackers and Cheese Sticks	Fig Bars and Pineapple	Cookies and Oranges	Trail Mix	Graham Crackers and Cream Cheese with Halloween Sprinkles

Menu is subject to change

