



# October Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack					1 French Toast Sticks & Sausage
Lunch					Turkey & Cheese Sandwiches, Carrots, Oranges
PM Snack					Applesauce & Graham Crackers
AM Snack	4 Cereal & Milk	5 Bagels & Cream Cheese	6 Yogurt & Granola	7 Blueberry Muffins & Milk	8 Nutri Grain Bars & Milk
Lunch	Mac & Cheese, Mixed Veggies, Fruit Cocktail	Spaghetti, Salad, Oranges	Chicken & Cheese Quesadillas, Corn, Bananas	Mini Corn Dogs, Broccoli, Pears	Sun Butter & Jelly Sandwiches, Cucumbers, Bananas
PM Snack	Apple Slices & Sun Butter	Raisins & Crackers	Orange Slices & Crackers	Cranberries & Graham Crackers	Hummus & Carrots
AM Snack	11 Banana Muffins & Milk	12 Cereal & Milk	13 French Toast Sticks & Oranges	14 Oatmeal & Blueberries	15 Banana Muffins & Milk
Lunch	Cheese Ravioli, Salad, Peaches	Chicken Nuggets, Cucumbers, Apple slices	Turkey Cheese Sandwiches, Carrots, Bananas	Teriyaki Chicken, Mixed Veggies, Pineapple, Rice	Vegetable Soup, Cheese & Crackers, Apple Slices
PM Snack	Applesauce & Graham Crackers	Pretzels & Cheese Slices	Raisin & Crackers	Cucumbers & Carrots	Chex Mix & Fruit
AM Snack	18 Pancakes & Blueberries	19 Cereal & Milk	20 Cottage Cheese & Fruit Cocktail	21 Granola Bars & Bananas	22 Yogurt & Granola
Lunch	Cheese Pizza, Green Beans, Fruit Cocktail	Sun Butter & Jelly Sandwiches, Bananas, Carrots	Chicken Noodle Soup, Rolls, Oranges	Cheese Tortellini, Alfredo Sauce, Salad, Peaches	Fish Sticks, Mixed Veggies, Pineapple
PM Snack	Cheez It's & Fruit	Raisins & Pretzels	Bananas & Vanilla Wafers	Orange Slices & Crackers	Goldfish & Apple Slices
AM Snack	25 Cereal & Milk	26 Nutri- Grain Bars & Milk	27 Waffles & Applesauce	28 Pumpkin Muffins & Milk	29 Biscuits & Sausage
Lunch	Hamburgers, Carrots, Peaches	Tomato Soup, Grilled Cheese, Pears	Pasta, Meatballs, Broccoli, Mandarin Oranges	Bean & Cheese Burritos, Corn, Oranges	Sun Butter & Jelly Sandwiches, Cucumbers, Bananas
PM Snack	Cheddar Rice Cakes & Apple slices	Oranges & Chex Mix	Bananas & Animal Crackers	Apple Cinnamon Snack Bars	Annie's Bunny Grahams