



October Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 B- Oatmeal, Pineapple Chunks, Milk AM- Dried Fruit Trail Mix, Milk L- Beef Salisbury Steaks w/Gravy, WG Dinner Rolls, Green Salad w/ranch Mashed Potatoes, Milk PM- Pumpkin Applesauce, Water	2 B- Choice Cereal, Bananas, Milk AM- Cottage cheese & Blueberries, Water L-HM WG Mac & Cheese, Peas, Mixed Fresh Fruit, Milk PM- Teacher's Choice, Water
5. B- Choice Cereal, Apples, Milk AM- Carrots & Ranch, Milk L- Turkey Burger, WG Hamburger Bun, California Blend Veg, Fresh Honeydew, Milk PM- Saltines, Cheese Slice, Apple Juice	6. B- Croissants, Honey, Tropical Fruit Mix, Milk AM- Animal Crackers & Raisins, Water L- Vegetarian Pinto Beans, WG Brown Rice Pilaf, Chuckwagen Corn, Fresh Cantaloupe, Milk PM- Sunshine Salad, Graham Crackers Milk	7. B- French Toast Sticks, Strawberries, Milk AM- Club Crackers and SunButter, Water L- HM Hamburger Stroganoff, WG Dinner Roll, Green Salad Mix & Ranch, Tangerine, Milk PM- Rice Crisps, Banana, Water	8. B- Oatmeal-WG, Pears, Milk AM- Sun Chips - WG, Milk L- Lemon Pepper Baked Chicken, WG Dinner Roll, Peas, Fresh Pineapples, Milk PM- Little Smokies, Oranges, Water	9. B- Cereal, Banana, Milk AM- Yogurt, Peaches, Water L- Diced Turkey & Gravy, WG Dinner Roll, Mashed Potatoes, Fresh Mixed Fruit, Milk PM- Italian Goldfish, Craisins, Water
12. B-Choice Cereal, Clementines, Milk AM- Smore's Mix, Milk L- HM Chicken Salad, WG Tortilla, Orangutan Spinach Salad, Fresh Honeydew, Milk PM- Chips and Salsa, Milk	13. B- Pumpkin Bread, Apples, Milk AM- Wheat Thins, Milk L- WG Cheese Pizza, Peas, Fresh Cantaloupe, Milk PM- Pub Mix, Raisins, Milk	14. B- Whole Wheat Toast w/Jelly or Jam, Mangos, Milk AM- Oatmeal Bars, Milk L- HM WG Mac & Cheese, Green Beans, Fresh Tangerines, Milk PM- Ritz Crackers, Banana, Water	15. B- Strawberry Yogurt Parfaits, Milk AM- Cherry Applesauce, Milk L- BBQ Pulled Chicken, WG Dinner Roll, Corn, Fresh Pineapple, Milk PM- Fresh Veggies, Yogurt Dip, Milk	16. B- English Muffins, Bananas, Milk AM-Crackers and Cheese Cubes, Water L- HM Sloppy Joe, WG Bun, Diced ranch Potatoes, Mixed Fresh Fruit, Milk PM- Chez-its -WG, Milk
19. B- Choice Cereal, Peaches, Milk AM-Pears & Strawberries, Milk L- Diced Seasoned Chicken, WG Penne Pasta in Marinara Sauce, Peas & Carrots Mix, Fresh Honeydew, Milk PM- Dill Pickle Ranch Mix, Oranges, Water	20. B- Biscuits w/Honey, Mixed Berries, Milk AM- Beef Sticks, Cheese cubes, Fruit Juice Boxes L- HM Beef Chili, WG Dinner Roll, Green Salad Mix & Ranch, Fresh Pineapple, Milk PM- Animal Crackers, Banana, Water	21. B- French Toast Sticks, Blueberries, Milk AM- Club Crackers, Pickles, Milk L- HM Shredded Chipotle Chicken, WG Dinner Roll, Green Beans, Fresh Cataloupe, Milk PM-Raisins & Cheerios, Water	22. B- Bagels, Cream Cheese, Apples, Milk AM- Teddy Grahams, Topical Fruit, Milk L- Sliced Turkey, American Cheese, WG Bread, Hash Browns, Corn, Milk PM- Rice Crisps, Oranges, Water	23. B- Oatmeal-WG, Bananas, Milk AM- Fresh veggies, Ranch, Milk L- WG HM Cajun Chicken Alfredo Pasta, Italian Mixed Vegetables, Fresh Mixed Fruit, Milk PM- Taco Seasoned Oyster Crackers, Clementine, Water
26. B- Choice Cereal, Fresh Fruit, Milk AM- Pretzels & Milk L- Taco Burger, American Cheese, Diced Ranch Potatoes, WG Hamburger Bun, Fresh Honeydew, Milk PM- Graham Crackers, Apples, Water	27. B-Whole Wheat Toast w/Sun Butter and Jelly, Bananas, Milk AM- Club Crackers, Cheese Cubes, Water L- Diced Seasoned Chicken, WG Penne Pasta & Alfredo Sauce, Green Salad Mix & Ranch, Cantaloupe, Milk PM- Celery Sticks, Cream Cheese, Raisins, Water	28. B- Turkey Breakfast Sandwiches, Peaches, Milk AM- Carrots, Cheese Stick, Milk L- HM Italian Rice & Beef, WG Breadstick, Green Beans, Tangerines, Milk PM- Goldfish, Apples, Water	29. B- Pancakes, Pears, Milk AM- Protein Balls - Client-Led Experience, Milk L- Swedish All Beef Meatballs, WG Dinner Roll, Corn, Pineapple, Milk PM-Pizza Crackers, Water	30. B- Choice Cereal, Fresh Fruit, Milk AM- Cottage Cheese, Pears, Milk L- BBQ Pulled Chicken, WG Dinner Roll, Vegetarian Baked Beans, Mixed Fresh Fruit, Milk PM- Spooky Trail Mix, Water