

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. B: Cereal-WG, Fruit, Milk AM: Pretzels, Fruit, Milk L: Beef Salisbury Steaks with Gravy, Dinner Roll-WG, Mashed Potatoes, Green Salad and Ranch, Milk PM: Teddy Grahams, Fruit, Milk	2. B: Bagels-WG, Fruit, Milk AM: Animal Crackers, Fruit, Milk L: Homemade Mac and Cheese-WG, Peas, Fresh Mixed Fruit, Milk PM: Director's Choice, Milk
5. B: Cereal-WG, Fruit, Milk AM: Puffcorn, Fruit, Milk L: Turkey Burger, Hamburger bun-WG, California Blend Vegetables, Fresh Honeydew, Milk PM: Sun Chips-WG, Fruit, Milk	6. B: Yogurt, Fruit, Milk AM: Goldfish-WG, Fruit, Milk L: Vegetarian Pinto Beans, Brown Rice Pilaf-WG, Chuckwagon Corn, Fresh Cantaloupe, Milk PM: Ritz Crackers-WG w/ Sun Butter, Milk	7. B: Toast-WG, Fruit, Milk AM: Veggies w/ Ranch, Milk L: Homemade Hamburger Stroganoff, Dinner Roll-WG, Green Salad Mix & Ranch, Fresh Tangerines, Milk PM: Rice Cakes-WG, Fruit, Milk	8. B: French Toast, Fruit, Milk AM: Wheat Thins-WG, Applesauce, Milk L: Lemon Pepper Baked Chicken, Dinner Roll-WG, Peas, Fresh Pinapple, Milk PM: Cheez Its w/ Cheese Sticks, Milk	9. B: Oatmeal-WG, Fruit, Milk AM: Graham Crackers, Fruit, Milk L: Diced Turkey and Gravy, Dinner Roll-WG, Mashed Potatoes, Fresh Mixed Fruit, Milk PM: Director's Choice, Milk
12. B: Oatmeal-WG, Fruit, Milk AM: Animal Crackers, Fruit, Milk L: Homemade Chicken Salad, Tortilla-WG, Orangutan Spinach Salad, Fresh Honeydew, Milk PM: Pretzels, Fruit, Milk	13. B: Bagels-WG, Fruit, Milk AM: Club Crackers w/ Cheese Sticks, Fruit L: Cheese Pizza-WG, Peas, Fresh Cantaloupe, Milk PM: Teddy Grahams, Fruit, Milk	14. B: Pancakes, Fruit, Milk AM: Soft Pretzels w/ Nacho Cheese, Milk L: Homemade Mac and Cheese-WG, Green Beans, Fresh Tangerines, Milk PM: Goldfish-WG, Fruit, Milk	15. B: Cereal-WG, Fruit, Milk AM: Saltines-WG w/ Jelly or Jam, Milk L: BBQ Pulled Chicken, Dinner Roll-WG, Corn, Fresh Pinapple, Milk PM: Tortilla Chips w/ Salsa, Milk	16. B: Toast-WG, Fruit, Milk AM: Rice Crisps-WG, Applesauce, Milk L: Homemade Sloppy Joe, Bun-WG, Diced Ranch Potatoes, Mixed Fresh Fruit, Milk PM: Director's Choice, Milk
19. B: French Toast, Fruit, Milk AM: Ritz Crackers-WG w/ Sun Butter, Milk L: Diced Seasoned Chicken, Penne Pasta in Marinara Sauce-WG, Peas & Carrot Mix, Fresh Honeydew, Milk PM: Graham Crackers, Fruit, Milk	20. B: Cereal-WG, Fruit, Milk AM: Sun Chips-WG, Fruit, Milk L: Homemade Beef Chili, Dinner Roll-WG, Green Salad Mix & Ranch, Fresh Pineapple, Milk PM: Puffcorn, Fruit, Milk	21. B: Bagels-WG, Fruit, Milk AM: Animal Crackers, Fruit, Milk L: Homemade Shredded Chipotle Chicken, Dinner Roll-WG, Green Beans, Fresh Cantaloupe, Milk PM: Cheez-Its, Fruit, Milk	22. B: Toast-WG, Fruit, Milk AM: Veggies w/ Ranch, Milk L: Turkey and Cheese Sandwich, Sliced Bread-WG, Hash Browns, Corn, Milk PM: Club Crackers w/ Cheese Sticks, Milk	23. B: Yogurt, Fruit, Milk AM: Goldfish-WG, Applesauce, Milk L: Homemade Cajun Alfredo Pasta-WG, Italian Mixed Vegetables, Fresh Fruit, Milk PM: Director's Choice, Milk
26. B: Cereal-WG, Fruit, Milk AM: Teddy Grahams, Fruit, Milk L: Taco Burger, American Cheese, Hamburger Bun-WG, Diced Ranch Potatoes, Fresh Honeydew, Milk PM: Tortilla Chips w/ Salsa, Milk	27. B: Waffles, Fruit, Milk AM: Soft Pretzels w/ Nacho Cheese, Milk L: Diced Seasoned Chicken Pasta-WG & Alfredo Sauce, Green Salad Mix & Ranch, Fresh Cantaloupe, Milk PM: Rice Crisps-WG, Fruit, Milk	28. B: Oatmeal-WG, Fruit, Milk AM: Puffcorn, Fruit, Milk L: Homemade Italian Rice & Beef, Breadstick-WG, Green Beans, Fresh Tangerins, Milk PM: Animal Crackers, Fruit, Milk	29. B: Toast-WG, Fruit, Milk AM: Saltines-WG w/ Jelly or Jam, Milk L: Swedish all Beef Meatballs, Dinner Roll-WG, Corn, Fresh Pineapple, Milk PM: Sun Chips-WG, Fruit, Milk	30. B: Bagels-WG, Fruit, Milk AM: Graham Crackers, Fruit, Milk L: BBQ Pulled Chicken, Dinner Roll-WG, Vegetarian Baked Beans, Mixed Fresh Fruit, Milk PM: Director's Choice, Milk