October Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack		1 French Toast Sticks, Peaches, Milk	2 Blueberry Muffins, bananas and Milk	3 Biscuits w/jelly, Applesauce, Milk	4 Cereal Bars, Pears, Milk
Lunch		Penne with meat sauce, Broccoli, Cinnamon Apple slices, and milk	Teriyaki Chicken and Rice, Mixed Veggies, Pears and Milk	Cheese Pizza, Salad w/ Ranch Dressing, Peaches and Milk	Shredded Chicken Tacos, Refried Beans, Peaches, and Milk
PM Snack		Pretzels with Cheese Sauce	Teddy Grahams	String Cheese & Crackers	Granola Bars
AM Snack	7 Pancakes w/syrup, Bananas, Milk	8 Bagels w/Cream Cheese, Applesauce, Milk	9 Strawberry Yogurt w/Granola, Bananas, and Milk	10 Chef's Choice, Pineapples and Milk	11 Cereal Bars, Apple Slices, milk
Lunch	Chicken Nuggets, Mac & Cheese, Applesauce, and Milk	Baked Ravioli, Pears , Green Beans, and Milk	Turkey & Cheese Sandwiches, Potato Chips, Peaches, and Milk	Salsbury Steak, Mashed Potatoes, Mixed Fruit, and Milk	Beefy Mac, Peas, Fruit Cocktail, and Milk
PM Snack	Chex Mix	Granola Bars	Chocolate Pudding	Animal Crackers	Vanilla Wafers
AM Snack	14 Blueberry Muffins, Applesauce and Milk	15 Pancakes, Apricots and Milk	16 Cinnamon Toast, Bannanas and Milk	17 French Toast Sticks, Mixed Fruit and Milk	18 Cereal, Strawberries, and Milk
Lunch	Fish Sticks, Mashed Potatoes, Mixed Fruit and Milk	Cheeseburger,Green Beans, Pineapples, and Milk	Creamy Chicken Rice Casserole, Sliced Carrots, Pineapple, and Milk	Turkey & Cheese Roll-ups, Tater Tots, Mandarin Oranges, and Milk	BBQ Chicken Sammies, Green Beans, Pineapple, and milk
PM Snack	Goldfish	Teddy Grahams	Yogurt w/ Sprinkles	Cheez-Its	Trail Mix
AM Snack	21 Turkey sausage w/cheese English Muffin,Applesauce, Milk	22 Maple Oatmeal, Apple Slices and Milk	23 Cereal Bars, Pears, milk	24 Pancakes, Bananas, and Milk	25 Waffles with Syrup, Strawberries, and Milk
Lunch	Cheeseburger,Sweet Potato Fries, Pineapples, and Milk	Swedish Meatballs, Sliced Carrots, Fruit Cocktail, Milk	Cheese Enchiladas, Refried Beans, Mixed Fruit, and Milk	Cheese Pizza, Salad w/ Ranch Dressing, Peaches and Milk	Turkey Tacos, Broccoli, Mandarin Oranges, and Milk
PM Snack	Banana Pudding w/ Vanilla Wafers	String Cheese and Ritz Crackers	Chex Mix	Carrots with Ranch (Toddler Substitute)	Goldfish
AM Snack	28 Vanilla Yogurt w/Granola, Blueberries, Milk	29 French Toast Sticks, Mixed Fruit and Milk	30 Biscuits w/jelly, Applesauce, Milk	31 Cinnamon Brown Sugar Oatmeal, Bananas, and Milk	
Lunch	Chicken Nuggets, Green Beans, Pears, and Milk	Spaghetti with Meat Sauce, Broccoli, Peaches, Milk	Steak Fingers, Mashed Potatoes, Apricots, Milk	Meatball Subs, Peas, Apricots, and Milk	
PM Snack	Chocolate Chip Cookies	Nachos (Toddler Substitue)	Animal Crackers	Cheese Slices and Saltine Crakers	

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