

October 2018 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	1 Biscuit with Jelly, Applesauce and Milk	2 Cereal, Blueberries and Milk	3 Pancakes, Strawberrries and Milk	4 Turkey Sausage Biscuit, Mixed Fruit and Milk	5 Cinnamon Toast, Bananas and Milk
Lunch	BBQ Chicken Sandwich, Tator Tots, Baked Beans and Milk	Grilled Cheese, Green Beans, Pineapples and Milk	Taco Salad, Black Beans, Pears and Milk	WG Spaghetti w/ Meat Sauce, Salad with Ranch, Carrots and Milk	Sweet & Sour Chicken, Mixed Veggies, WG Bread, and Milk
PM Snack	Trail Mix	Yogurt, Graham Crackers	Fruit Salad	Vanilla Wafers	Bluberry Muffins
Breakfast	8 Bagels with Cream Cheese and Milk	9 Oatmeal with Raisins and Milk	10 Waffles, Pineapples and Milk	11 Blueberry Muffins, Applesauce and Milk	12 Chef's Choice
Lunch	Teriyaki Chicken and Rice, Mixed Veggies and Milk	Turkey & Cheese Roll Ups, Sweet Potato Fries, Green Beans and Milk	Cheese Enchiladas, Refried Beans, Pears and Milk	Baked Ravioli, Salad with Ranch, Peas and Milk	Chef's Choice
PM Snack	Saltine Crackers, Sliced Cheese	Yogurt, Graham Crackers	Carrots with Ranch (Toddler Substitute)	Animal Crackers	Chef's Choice
Breakfast	15 Biscuit with Jelly, Applesauce and Milk	16 Cereal, Blueberries and Milk	17 Pancakes, Strawberrries and Milk	18 Turkey Sausage Biscuit, Mixed Fruit and Milk	19 Cinnamon Toast, Bananas and Milk
Lunch	Steak Fingers, Mashed Potatoes, Carrots and Milk	Grilled Chicken Sandwich, Green Beans, Pineapples and Milk	Cheese Quesadilla, Black Beans, Corn and Milk	Cheese Pizza, Salad with Ranch, Pears and Milk	Chicken Nuggets, Ranch Style Beans, Tator Tots and Milk
PM Snack	Trail Mix	Yogurt, Graham Crackers	Fruit Salad	Vanilla Wafers	Bluberry Muffins
Breakfast	22 Bagels with Cream Cheese and Milk	23 Oatmeal with Raisins and Milk	24 Waffles, Pineapples and Milk	25 Blueberry Muffins, Applesauce and Milk	26 Chef's Choice
Lunch	Fish Sticks, Carrots, Peaches and Milk	Turkey and Cheese Sandwich, Sweet Potato Fries, Green Beans and Milk	Soft Tacos, Refried Beans, Pears and Milk	Baked Ziti, Mixed Veggies, Mixed Fruit and Milk	Chef's Choice
PM Snack	Saltine Crackers, Sliced Cheese	Yogurt, Graham Crackers	Carrots with Ranch (Toddler Substitute)	Animal Crackers	Chef's Choice
Breakfast	29 Biscuit with Jelly, Applesauce and Milk	30 Cereal, Blueberries and Milk	31 Pancakes, Strawberrries and Milk		
Lunch	BBQ Meatballs, Mashed Potatoes, Green Beans and Milk	Cheeseburger, Sweet Potato Fries, Carrots and Milk	Bean & Cheese Burritos, Spanish Rice, Pears and Milk		
PM Snack	Trail Mix	Yogurt, Graham Crackers	Fruit Salad		