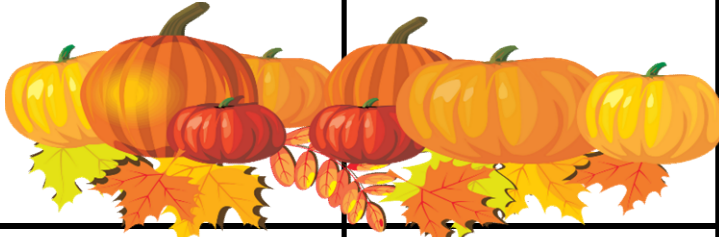



October Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack				1 Egg and Cheese Omelet, Strawberries, Milk	2 Cereal, Apples, Milk
Lunch				Turkey and Cheese Roll Ups, Apples, Carrots, Milk	Pizza, Salad, Pineapple, Milk
PM Snack				Bananas, Water	Pretzels & Cheese Sauce, Water
AM Snack	5 Cereal, Apples, Milk	6 Bagels, Pears, Milk	7 Bluberry Muffins, Bananas, & Milk	8 Pancakes, strawberries, Milk	9 Cereal, Apples, Milk
Lunch	Fish Sticks, Peas & Carrots, Oranges, Milk	Beef & Bean Burrito, Carrots, Apples, Milk	Turkey and Cheese Roll Ups, Green Beans, Peaches, Milk	Grilled Cheese, Greenbeans, Pineapple, Milk	Chicken, Mashed Potatos, Pears, Milk
PM Snack	Animal Crackers, Yogurt, Water	Bananas, Water	Graham Crackers, Pudding, Water	Pretzels W/Cheese Sauce, Water	String Cheese, Crackers, Water
AM Snack	12 Turkey Sausage, Biscuits, Apples, Milk	13 Biscuits, Peaches, Milk	14 Bluberry Muffins, Bananas, & Milk	15 Egg and Cheese Omelet, Strawberries, Milk	16 Cereal, Pears, Milk
Lunch	Steak Fingers, corn, Oranges, Milk	BBQ Meat Balls W/ Mashed Potatos, Pineapple, Milk	Chicken nuggets, Salad, Peaches, & Milk	Sunbutter & Jelly, Bananas, Carrots, Milk	Pizza, Salad, Pineapple, Milk
PM Snack	Fruit Bars, Water	String Cheese, Crackers, Water	Pita chips W/Bean dip, Water	Apple Slices, Water	Graham Crackers, Yogurt, Water
AM Snack	19 Cereal, Apples, Milk	20 Bagels, Pears, Milk	21 Bluberry Muffins, Bananas, & Milk	22 Pancakes, strawberries, Milk	23 Cereal, Apples, Milk
Lunch	Chicken Nuggets, Mashed Potatos, Oranges, Milk	Fish Sticks, Peas & Carrots, Peaches, Milk	Turkey and Cheese Sandwiches, Apples, Carrots, Milk	Cheese Quesadilla, Black Beans, Pineapple, Milk	Hamburger, Sweet Potato Fries, Pears, Milk
PM Snack	Pita chips W/ Bean Dip, Water	Bananas, Water	Pretzels W/ Cheeses Sauce, Water	Apple Slices, Water	Fruit Bars, Water
AM Snack	26 Turkey Sausage, Biscuits, Apples, Milk	27 Biscuits, Peaches, Milk	28 Bluberry Muffins, Bananas, & Milk	29 Egg and cheese Omelet, Strawberries, Milk	30 Cereal, Apples, Milk
Lunch	Bean & Beef Burritos, Corn, Pineapple, Milk	Steak Fingers, Mashed Potatos, Oranges, Milk	Ravioli, Salad, Pears, Milk	Turkey & Cheese Roll Ups, Apples, Carrots, Milk	Pizza, Salad, Pineapple, Milk
PM Snack	Graham Crackers, Pudding, Water	Cheese & Crackers, Water	Apple Slices, Water	Bananas, Water	Pretzels w/ Cheese Sauce, Water