



October 2020 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				1	2
Lunch				Yogurt with Granola, Milk	Blueberry Muffins, Milk
PM Snack				Cheese Ravioli, Salad with Ranch, Apricots, Milk	Chicken Noodle Soup, Peas & Carrots, Saltine Crackers, Peaches, Milk
Breakfast	5	6	7	8	9
Lunch	Cereal, Milk	Nutrigrain Bar, Milk	Cinnamon Raisin Toast, Milk	Waffles with Syrup, Milk	Sausage Kolache, Milk
PM Snack	Beenie weenies, Mixed fruit, Greenbeans, Milk	Cheese Pizza, Cucumbers & Ranch, Pineapple, Milk	Salisbury Steak, Mashed Potatoes, Peas, Pears, Milk	BBQ Meatballs, White Rice, Apricots, Milk	Sun Butter/Jelly Sandwich, Potato Chips, Applesauce, Milk
Breakfast	12	13	14	15	16
Lunch	Goldfish, Water	Tortilla Chips/Salsa & Cheese, Water	Seasonal Fresh Fruit	Cheez Its, Juice/Water	Chocolate Chip Cookies, Water
PM Snack	Cereal, Milk	Nutrigrain Bar, Milk	Buttermilk Biscuit, Sausage Patty, Milk	Pancakes with Syrup, Milk	Waffles, Milk
Breakfast	19	20	21	22	23
Lunch	Pulled Pork Sandwiches, Tator Tots, Dill Pickle Slices, Pineapple, Milk	Fish Sticks, Carrots, Pears, Milk	Lasagna, Salad with Ranch, Apricots, Milk	Steak Fingers, Mashed Potatoes, Corn, Peaches, Milk	Grilled Cheese, Peas, Fruit Cocktail, Milk
PM Snack	Granola Bar, Water	Ritz Bitz Crackers, Water	Cookies, Water	Pretzel Sticks, Juice/Water	Rice Krispy Treats, Water
Breakfast	26	27	28	29	30
Lunch	Cereal, Milk	Nutrigrain Bar, Milk	Oatmeal with Raisins, Milk	Pancakes with Syrup, Milk	Cinnamon rolls with sprinkles
PM Snack	Chicken Spaghetti, Mixed Vegetable, Applesauce, Milk	Chicken/Broccoli/Rice Casserole, Dinner Roll, Pineapple, Milk	Beef Nachos, Shredded Cheese, Lettuce/Tomatoes, Pears, Milk	Chicken Nuggets, Carrots with Ranch, Peaches, Milk	Fish Sticks, Macaroni and Cheese, Apricots, Milk
Breakfast	Animal Cookies, Water	Soft Pretzel with Mustard, Water	Seasonal Fresh Fruit	Saltine Crackers with Cheese Slices, Juice/Water	Banana Pudding with Vanilla Wafers, Water
Lunch					
PM Snack					
Breakfast	26	27	28	29	30
Lunch	Cereal, Milk	Nutrigrain Bar, Milk	Oatmeal with Raisins, Milk	Pancakes with Syrup, Milk	Cinnamon rolls with sprinkles
PM Snack	Sugar Cookies, Water	*Cook's Choice, Water	Trail Mix with Marshmallows, Water	Apple filled cookies, Water	pumpkin pie, Water