

# October Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	4 Bagels w/ Cream Cheese and Milk	5 Cereal, Strawberries and Milk	6 Pancakes, Blueberries and Milk	7 Turkey Sausage Biscuit and Milk	8 Cinnamon Toast, Bananas and Milk
<b>Lunch</b>	Chicken Nuggets, Mashed Potatos, Carrots & Milk	Turkey & Cheese Roll Up, Sweet Potato Fries, Green Beans and Milk	Taco Salad, Black Beans, Pears & Milk	Grilled Cheese Sandwhich, Salad with Ranch, Peas and Milk	Sweet & Sour Chicken, Mixed Vegetables, Mixed Fruit and Milk
<b>PM Snack</b>	Yogurt & Graham Crackers	Carrots W/Ranch (Toddler Substitute)	Muffins	Fruit	Goldfish
<b>AM Snack</b>	11 Cinnamon Toast, Bananas & Milk	12 Oatmeal with Blueberries and Milk	13 Waffles, Pineapples and Milk	14 Muffins W/Jelly, Applesauce and Milk	15 Chef's Choice
<b>Lunch</b>	BBQ Chicken Sandwichs, Pears & Corn and Milk	Turkey & Cheese Sandwich, Sweet Potato Fries, Green Beans and Milk	Cheese Enchiladas, Pinto Beans, Pears and Milk	Cheese Pizza, Salad with Ranch, Peas and Milk	Chef's Choice
<b>PM Snack</b>	Yogurt & Graham Crackers	Carrots W/Ranch (Toddler Substitute)	Muffins	Fruit	Chef's Choice
<b>AM Snack</b>	18 Bagels w/ Cream Cheese and Milk	19 Cereal, Strawberries and Milk	20 Pancakes, Blueberries and Milk	21 Turkey Sausage Biscuit and Milk	22 Cinnamon Toast, Bananas and Milk
<b>Lunch</b>	Chicken Soft Tacos, Pinto Peans, Applesauce & Milk	Turkey & Cheese Roll Up, Sweet Potato Fries, Green Beans and Milk	Cheese Quesadilla, Black Beans, Corn and Milk	WG Spaghetti w/ Meat Sauce, Salad with Ranch, Peas and Milk	Teriaki Chicken w/Rice, Mixed Veggies, WG Bread & Milk
<b>PM Snack</b>	Yogurt & Graham Crackers	Carrots with Ranch (Toddler Substitute)	Muffins	Fresh Fruit	Animal Crackers
<b>AM Snack</b>	25 Cinnamon Toast, Bananas & Milk	26 Oatmeal with Blueberries and Milk	27 Waffles, Pineapples and Milk	28 Muffins W/Jelly, Applesauce and Milk	29 Chef's Choice
<b>Lunch</b>	Hamburger, Carrots, Pineapples and Milk	Turkey & Cheese Sandwich, Sweet Potato Fries, Green Beans and Milk	Bean & Cheese Tacos, Spanish Rice, Pears and Milk	Baked Ziti, Mixed Veggies, Mixed Fruit and Milk	Chef's Choice
<b>PM Snack</b>	Yogurt & Graham Crackers	Carrots with Ranch (Toddler Substitute)	Muffins	Fresh Fruit	Chef's Choice
<b>AM Snack</b>					
<b>Lunch</b>					
<b>PM Snack</b>					

\*Menu is subject to change