

October Menu 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry Muffins, Applesauce, Milk/Water 3	Turkey Sausage Biscuit, Diced Mangos, Milk/Water 4	Nutrigrain Bars, Strawberries, Milk/Water 5	Waffles, Apple Slices, Milk/Water 6	Cereal, Bananas, Milk/Water 7
Lunch	Beef Tacos, Pinto Beans, Oranges, Milk/Water	Grilled Turkey and Cheese Sandwich, Baked Beans, Peaches, Milk/Water	Fish Sticks, Corn, Pears, Milk/Water	Pizza, Salad w/ Ranch, Pineapple, Milk/Water	Salisbury Steak, Mashed Potatoes, Mixed Fruit Milk/Water
PM Snack	Goldfish & Water	Teddy Grahams & Water	Wheat Wafers & Water	Saltine Crackers, Sliced Cheese & Water	Graham Crackers & Water
Breakfast	Pancakes, Applesauce, Milk/Water 10	French Toast Sticks, Blueberries, Milk/Water 11	Bagels w/ Cream Cheese, Strawberries, Milk/Water 12	English Muffins w/ Jelly, Apple Slices, Milk/Water 13	Cheese Toast, Bananas, Milk/Water 14
Lunch	Grilled Cheese Sandwich, Carrots, Pears, Milk/Water	Chicken Sliders, Corn, Peaches, Milk/Water	Chef's Choice, Green Beans, Oranges, Milk/Water	Rotini w/ Meat Sauce, Peas, Pineapple, Milk/Water	Sloppy Joes, Fruit, Vegetable, Milk/Water
PM Snack	Fig Newton & Water	Scooby Doo Crackers & Yogurt & Water	Mixed Berry Animal Crackers & Water	Ritz Sandwich Crackers & Water	Chex Mix & Water
Breakfast	Blueberry Muffins, Applesauce, Milk/Water 17	Turkey Sausage Biscuit, Diced Mangos, Milk/Water 18	Nutrigrain Bars, Strawberries, Milk/Water 19	Waffles, Apple Slices, Milk/Water 20	Cereal, Bananas, Milk/Water 21
Lunch	Cheese Quesadilla, Corn, Mixed Fruit, Milk/Water	Rib Sandwich, Green Beans, Pears, Milk/Water	Chicken Nuggets, Mixed Vegetables, Oranges, Milk/Water	Beef Ravioli, Salad w/ Ranch, Pineapples, Milk/Water	Cheeseburgers, Sweet Potato Tots, Peaches, Milk/Water
PM Snack	Goldfish & Water	Teddy Grahams & Water	Wheat Wafers & Water	Saltine Crackers, Sliced Cheese & Water	Graham Crackers & Water
Breakfast	Pancakes, Applesauce, Milk/Water 24	French Toast Sticks, Blueberries, Milk/Water 25	Bagels w/ Cream Cheese, Strawberries, Milk/Water 26	English Muffins w/ Jelly, Apple Slices, Milk/Water 27	Cheese Toast, Bananas, Milk/Water 28
Lunch	Turkey Cheese Roll Up, Tator Tots, Oranges, Milk/Water	Sweet and Sour Chicken, Mixed Veggies & Rice, Pineapples, Milk/Water	Chef's Choice, Carrots, Pears, Milk/Water	Chicken Alfredo, Green Beans, Peaches, Milk/Water	Beefy Mac, Fruit, Vegetable, Milk/Water
PM Snack	Fig Newton & Water	Scooby Doo Crackers & Yogurt & Water	Mixed Berry Animal Crackers & Water	Ritz Sandwich Crackers & Water	Chex Mix & Water
Breakfast	Blueberry Muffins, Applesauce, Milk/Water 31	1	2	3	4
Lunch	Beef Tacos, Pinto Beans, Oranges, Milk/Water				
PM Snack	Goldfish & Water				

*Menu is subject to change