

# October Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	3 Bagels w/ Cream Cheese and Milk	4 Cereal, Strawberries and Milk	5 Pancakes, Blueberries and Milk	6 Turkey Sausage Biscuit and Milk	7 Cinnamon Toast, Bananas and Milk
Lunch	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 Sandwich, Salad with Ranch, Peas and Milk	Sweet & Sour Chicken, Mixed Vegetables, Mixed Fruit and Milk
PM Snack	Yogurt & Graham Crackers	Carrots W/Ranch (Toddler Substitute)	Muffins	Fruit	Goldfish
AM Snack	10 	11 Cereal with Blueberries and Milk	12 Waffles, Pineapples and Milk	13 Muffins W/Jelly, Applesauce and Milk	14 Chef's Choice
Lunch		Turkey & Cheese Sandwich, Sweet Potato Fries, Green Beans and Milk	Cheese Tortellini, Salad w/ Ranch, Pears and Milk	Cheese Pizza, Salad with Ranch, Peas and Milk	Chef's Choice
PM Snack		Carrots W/Ranch (Toddler Substitute)	Muffins	Fruit	Chef's Choice
AM Snack	17 Bagels w/ Cream Cheese and Milk	18 Cereal, Strawberries and Milk	19 Pancakes, Blueberries and Milk	20 Turkey Sausage Biscuit and Milk	21 Cinnamon Toast, Bananas and Milk
Lunch	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
PM Snack	Yogurt & Graham Crackers	Carrots with Ranch (Toddler Substitute)	Muffins	Fresh Fruit	Animal Crackers
AM Snack	24 Bagels w/ Cream Cheese and Milk	25 Cereal, Blueberries and Milk	26 Waffles, Pineapples and Milk	27 Muffins W/Jelly, Applesauce and Milk	28 Chef's Choice
Lunch	Hamburger, Carrots, Pineapples and Milk	Turkey & Cheese Sandwich, Sweet Potato Fries, Green Beans and Milk	Chicken & Cheese Tacos, Carrots, Pears and Milk	Baked Ziti, Mixed Veggies, Mixed Fruit and Milk	Chef's Choice
PM Snack	Yogurt & Graham Crackers	Carrots with Ranch (Toddler Substitute)	Muffins	Fresh Fruit	Chef's Choice
AM Snack	30 Bagels w/ Cream Cheese and Milk	31 Cereal, Strawberries and Milk			
Lunch	Grilled Turkey & Cheese Sandwich, Carrots, & Pineapples	Turkey & Cheese Roll Up, Sweet Potato Fries, Green Beans and Milk			
PM Snack	Yogurt & Graham Crackers	Carrots with Ranch (Toddler Substitute)			

\*Menu is subject to change