

# October Menu 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Pancakes, Applesauce, Milk/Water <b>2</b>	French Toast, Diced Mangos, Milk/Water <b>3</b>	Bagels w/ Cream Cheese, Blueberries, Milk/Water <b>4</b>	English Muffins w/ Jelly, Apple Slices, Milk/Water <b>5</b>	Cheese Toast, Bananas, Milk/Water <b>6</b>
<b>Lunch</b>	Turkey Cheese Roll Up, Tator Tots, Oranges, Milk/Water	Sweet and Sour Chicken, Mixed Vegetables, Pineapples, Milk/Water	Chef's Choice, Peas, Pears, Milk/Water	Chicken Alfredo, Green Beans, Peaches, Milk/Water	Beefy Mac, Fruit, Vegetable, Milk/Water
<b>PM Snack</b>	Fig Newton, Yogurt & Water	Scooby Doo Crackers, Yogurt & Water	Mixed Berry Animal Crackers, Yogurt & Water	Ritz Sandwich Crackers, String Cheese & Water	Chex Mix, String Cheese & Water
<b>Breakfast</b>	Blueberry Muffins, Applesauce, Milk/Water <b>9</b>	Cinnamon Toast, Diced Mangos, Milk/Water <b>10</b>	Nutrigrain Bars, Blueberries, Milk/Water <b>11</b>	Waffles, Apple Slices, Milk/Water <b>12</b>	Cereal, Bananas, Milk/Water <b>13</b>
<b>Lunch</b>	Grilled Turkey and Cheese Sandwich, Baked Beans, Peaches Milk/Water	Turkey Tacos, Pinto Beans, Oranges Milk/Water	Fish Sticks, Corn, Pears, Milk/Water	Pizza, Carrots, Pineapple, Milk/Water	Salisbury Steak, Mashed Potatoes, Mixed Fruit, Milk/Water
<b>PM Snack</b>	Cheeze Its, Goldfish & Water	Teddy Grahams, Yogurt & Water	Vanilla Wafers, Yogurt & Water	Saltine Crackers, String Cheese & Water	Graham Crackers, Yogurt & Water
<b>Breakfast</b>	Pancakes, Applesauce, Milk/Water <b>16</b>	French Toast, Diced Mangos, Milk/Water <b>17</b>	Bagels w/ Cream Cheese, Blueberries, Milk/Water <b>18</b>	English Muffins w/ Jelly, Apple Slices, Milk/Water <b>19</b>	Cheese Toast, Bananas, Milk/Water <b>20</b>
<b>Lunch</b>	Grilled Cheese Sandwich, Carrots, Pears, Milk/Water	Chicken Sandwich, Peas, Peaches, Milk/Water	Chef's Choice, Green Beans, Oranges, Milk/Water	Rotini w/ Meat Sauce, Peas, Pineapple, Milk/Water	BBQ Chicken Sandwiches, Fruit, Vegetable, Milk/Water
<b>PM Snack</b>	Fig Newton, Yogurt & Water	Scooby Doo Crackers, Yogurt & Water	Mixed Berry Animal Crackers, Yogurt & Water	Ritz Sandwich Crackers, String Cheese & Water	Chex Mix, String Cheese & Water
<b>Breakfast</b>	Blueberry Muffins, Applesauce, Milk/Water <b>23</b>	Cinnamon Toast, Diced Mangos, Milk/Water <b>24</b>	Nutrigrain Bars, Blueberries, Milk/Water <b>25</b>	Waffles, Apple Slices, Milk/Water <b>26</b>	Cereal, Bananas, Milk/Water <b>27</b>
<b>Lunch</b>	Cheese Quesadilla, Corn, Mixed Fruit, Milk/Water	Rib Sandwich, Green Beans, Pears, Milk/Water	Chicken Nuggets, Mixed Vegetables, Pineapples, Milk/Water	Beef Ravioli, Corn, Oranges, Milk/Water	Cheeseburgers, Sweet Potato Tots, Peaches, Milk/Water
<b>PM Snack</b>	Cheeze Its, Goldfish & Water	Teddy Grahams, Yogurt & Water	Vanilla Wafers, Yogurt & Water	Saltine Crackers, String Cheese & Water	Graham Crackers, Yogurt & Water
<b>Breakfast</b>	Pancakes, Applesauce, Milk/Water <b>30</b>	French Toast, Diced Mangos, Milk/Water <b>31</b>			<b>*Menu is subject to change</b>
<b>Lunch</b>	Turkey Cheese Roll Up, Tator Tots, Oranges, Milk/Water	Sweet and Sour Chicken, Mixed Vegetables, Pineapples, Milk/Water			<b>*Slice of bread or crackers will be given with lunch meal</b>
<b>PM Snack</b>	Fig Newton, Yogurt & Water	Scooby Doo Crackers, Yogurt & Water			