

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oct 4-8</b>					
<b>Breakfast</b>	Whole Grain Cheerios, Banana's & Milk	Whole Grain Cheese Toast, Apples & milk	Whole Grain Pancakes, Blueberries & milk	Nutra Grain Bars, Orange Slices & milk	French toast sticks, Apple Slices & milk
<b>Lunch</b>	Whole Grain Fettuccini with Chicken & Broccoli, Apples & milk	Grilled Cheese on Whole Grain Bread, Cucumber Slices, Strawberries & Milk	Chicken nuggets, Corn, Mashed Potatoes & milk V: veggie nuggets	Whole Grain Rice, Black Beans, Peaches & milk	Pizza on Whole Wheat Bun, Green Beans, Pineapple & milk
<b>Snack</b>	Graham crackers, Sun Butter & water	Yogurt with Mandarin Oranges & water	Veggie Straws & water	Pretzels, Hummus & water	Goldfish & water
<b>Oct 11-15</b>					
<b>Breakfast</b>	Rice Krispies, Bananas & Milk	Oatmeal, Apples Slices & milk	Nutra Grain Bars, Orange Slices & milk	Biscuits with Jelly, Blueberries & milk	Whole Grain Cheese Toast, Orange Slices & milk
<b>Lunch</b>	Chicken & Cheese quesadilla on Tortilla, Black Beans, Apples & milk V: Cheese Tortilla	BBQ Veggie Meatballs, Mashed Potatoes, Pears & milk	Fish sticks, Corn, Apple Slices & milk V: Veggie Nuggets	Turkey & Cheese sandwich on Whole Grain Bread, applesauce, green beans & milk V: Cheese sandwich	Chicken Salad, Crackers, Tater Tots, Bananas & milk V: Veggie Patty
<b>Snack</b>	Pretzels, String Cheese & Water	Cheese, Crackers & water	Graham crackers, Sun Butter & water	Vanilla Pudding with Vanilla Wafers & water	Humus, Pita Bread & water

**V: Vegetarian Option**

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oct 18-22</b>					
<b>Breakfast</b>	Whole Grain Cheerios, Bananas & milk	Whole Grain Waffles, Blueberries & milk	Biscuits with Jelly, Strawberries & milk	Oatmeal, Apple Slices & milk	Nutra Grain Bars, Pears & milk
<b>Lunch</b>	Chicken Patty on Whole Grain Bun, Green Beans, Mashed Potatoes & milk V: Veggie Patty	Whole Grain Rice, Black Beans, Peaches, & milk	Whole Grain Macaroni & Cheese, Fish Sticks, Apple Slices & milk V: Veggie Nuggets	Turkey and Cheese Roll up, Cucumber Slices, Strawberries & milk V: Cheese Roll Up	Pizza on Whole Wheat Bun, Green Beans, Pineapple & milk
<b>Snack</b>	Animal Crackers, Apple Slices & water	Pretzels, String Cheese & water	Yogurt with Mandarin Oranges & water	Graham Crackers, Orange Slices & water	Humus, Pita Bread & water
<b>Oct 25-29</b>					
<b>Breakfast</b>	Rice Krispies, Bananas & milk	Whole Grain Cheese Toast, Orange Slices & milk	Bagels With Cream Cheese, Strawberries & milk	Nutra Grain Bars & milk	French toast sticks, Peaches & Milk
<b>Lunch</b>	Chicken nuggets, Corn, Apple Sauce & milk V: Veggie nuggets	Vegetarian Beans, Broccoli, Pears & Milk	Turkey & Cheese sandwich on Whole Grain Bread, applesauce, green beans & milk V: Cheese sandwich	Whole Grain Spaghetti, Veggie Meatballs in Red Sauce, Breadstick & Milk	Chicken & Cheese quesadilla on Tortilla, Black Beans, Apples & milk V: Cheese Tortilla
<b>Snack</b>	Animal crackers & water	String cheese, crackers & water	Goldfish & water	Graham crackers & water	Veggie Straws & Water

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