



October 2021 Menu

AM Snack	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	PM Snack
Mon- Blueberry Muffins, Milk Tues- Bagel's w/ Cream Cheese, Milk Wed- French Toast Sticks w/ Syrup, Milk Thurs- Cereal & Milk Fri- Turkey Sausage, Biscuit, Milk	4 Sweet & Sour Chicken Fried Rice Mandarin Oranges Milk <i>*Plant based meatballs</i>	5 Chicken Crisпитos Spanish Rice Peaches Milk <i>*Potato & Cheese Quesadilla</i>	6 Beef Stroganoff Corn Peaches Milk <i>*Noodle Stroganoff</i>	7 Cheese Pizza Cucumber's w/ Ranch Pineapples Milk	8 Fish Sticks Macaroni & Cheese Broccoli Apples, Milk <i>*Mac & Cheese</i>	Mon- Pretzel Twists Tues- Cheez-itz Wed- Blueberry Bar Thurs- Teddy Grahams Fri- Crackers and Cheese
Mon- Ham & Cheese Toaster, Fruit, Milk Tues- Bagels w/ Cream Cheese, Milk Wed- Danish, Milk Thurs- Cereal, Fruit, Milk Fri- Mini Blueberry Muffins, Banana, Milk	11 Spaghetti W/ Meat Sauce Green Beans Pineapples Milk <i>*Spaghetti w/Sauce</i>	12 Turkey Soft Taco Corn Mandarin Oranges Milk <i>*Potato & Cheese Quesadilla</i>	13 Chicken Sandwich Tater Tots Tropical Fruit Milk <i>*Veggie Burger</i>	14 Meatballs w/Gravy Mashed Potatoes Green Beans Peaches, Milk <i>*Veggie Meatballs</i>	15 Chicken Alfredo Buttered Carrots Apples Milk <i>*Pasta w/ Alfredo</i>	Mon- Animal Crackers Tues- Cheese & Crackers Wed- Blueberry Bar Thurs- Goldfish Fri- Rice Krispies
Mon- Omelet, Milk Tues- Bagel's w/ Cream Cheese, Milk Wed- Waffles with Syrup, Milk Thurs- Turkey Sausage, Hash Brown, Milk Fri- Cereal, Fruit & Milk	18 Dino Nuggets Mixed Vegetables Tropical Fruit Milk <i>*Plant based meatballs</i>	19 Burrito Spanish Rice Mandarin Oranges Milk <i>*Potato & Cheese Quesadilla</i>	20 Hamburger Sweet Potato Fries Peaches Milk <i>*Veggie Burgers</i>	21 Cheese Ravioli Green Beans Pears Milk	22 Steak Fingers Mashed Potatoes Mixed Vegetables Pears, Milk <i>*Plant based meatballs</i>	Mon- Pretzel Twists Tues- Animal Crackers Wed- Cheez-itz Thurs- Teddy Grahams Fri- Goldfish
Mon- Bagels w/ Cream Cheese & Milk Tues- French Toast, Milk Wed- Biscuit's w/Jelly, Hash Brown, Milk Thurs- Cereal, Fruit & Milk Fri- Danish, Milk	25 Spaghetti w/Meat Sauce Green Beans Apples Milk <i>*Spaghetti w/ Sauce</i>	26 Cheese Quesadilla Corn Mandarin Oranges Milk	27 Cheeseburger Macaroni Peas Peaches Milk <i>*Mac & Cheese</i>	28 Cheese Pizza Cucumber's w/ Ranch Pineapples Milk	29 Turkey & Cheese Wraps Carrots w/Ranch, Milk Fresh Strawberries, <i>*Cheese Wraps</i>	Mon- Animal Crackers Tues- String Cheese & Crackers Wed- Blueberry Bar Thurs- Rice Krispies Fri- Strawberry Chex Mix

****Fresh Fruit Served Daily with all Snacks***