

October

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| 30) AM: Waffles w/ syrup L: Cowboy caviar, veggies, fruit PM: Cheez its V: Same as above | 1)AM: Fried eggs L: Cheese pizza, veggies, fruit PM: Graham crackers V: Same as above | 2) AM: Cereal & milk L: Grilled cheese, tomato soup, mixed fruit PM: Cereal bars V: Same as above | 5) AM: Yogurt & grahams L: Chickpea salad, cucumber, fruit PM: Animal crackers V: Same as above | 6) AM: Pancakes w/ syrup L: Chicken fried rice, mixed veggies, cantaloupe PM: Goldfish V: Veggie fried rice |
| 7) AM: Cereal w/ milk L: Cheese quesadilla, beans, fruit PM: Veggies w/ ranch V: Same as above | 8) AM: Apple & grahams L: Fish sticks, mashed potatoes, bananas PM: Cubed cheese w/ crackers V: Veggie nuggets | 9) AM: Bagels w/ strawberry cream cheese L: Garlic butter noodles, squash, fresh fruit PM: Pretzels V: Same as above | 10) AM: Cereal and milk L: Meatball subs, fries, applesauce PM: Hummus & ritz V: Same as above | 11) AM: English muffins w/ jelly L: Cheese lasagna, Peas & carrots, mixed fruit PM: Veggie Straws V: Same as above |
| 14) <p style="text-align: center;">CLOSED!!</p> | 15) AM: Cereal & milk L: Chicken nuggets, sweet potatoes, pineapple PM: Vanilla wafers V: Veggie nuggets | 16) AM: Fried eggs L: Sweet potato hash, bananas PM: Veggie w/ ranch V: Same as above | 17) AM: Biscuits w/ jelly L: Veggie pasta, Green beans, pears PM: Cereal bars V: Same as above | 18)AM: Cereal & bananas L: Cheese pizza, corn, oranges PM: Goldfish V: Cheese pizza |
| 21) AM: Cereal & milk L: Cheese enchiladas, beans, apples PM: Pretzels w/ sun butter V: Same as above | 22)AM: French toast w/ syrup L: Chicken sandwich, sun chips, fruit PM: Grahams w/ fruit V: Cheese sandwich | 23) AM: Cereal bars w/ milk L: BBQ chicken sandwich, fries, pears PM: Goldfish V: Veggie patty sandwich | 24) AM: Yogurt w/ fruit L: Cheese quesadillas, mixed veggies, fruit PM: Cubed cheese w/ crackers V: Same as above | 25) AM: Cereal & milk L: Fried eggs w/ pancakes, potatoes, peaches PM: Vanilla wafers V: Same as above |
| 28) AM: Cinnamon rolls L: Chicken parm, mashed potatoes, fruit PM: Crackers & hummus V: Veggie patty parm | 29) AM: Pancakes w/ syrup L: Sweet & sour meatballs, rice, broccoli, fruit PM: Grahams w/ fruit V: Same as above | 30) AM: Bagels w/ cream cheese L: Chicken alfredo, broccoli, oranges PM: Cereal bars V: Alfredo pasta | 31) AM: Cereal w/ bananas L: Macaroni & Cheese, mixed veggies, apples PM: Veggie straws V: Same as above | 1) AM: English muffins w/ jelly L: Fish sticks, sweet potato tots, fruit PM: Goldfish V: Veggie nuggets |

Milk is served with Breakfast & Lunch Water is served throughout the day AM= 9:00am morning snack L=11:30am Lunch PM= 3:00pm Afternoon snack