 October School Menu - 2022

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | | FRIDAY |
| 3 | 4 | 5 | 6 | | 7 |
|  |  |  |  | |  |
| Breakfast: Cereal with Milk & Fruit | Breakfast: Yogurt & Fruit | Breakfast: Cereal with Milk & Fruit | Breakfast: Yogurt & Fruit |  | Breakfast: Cereal with Milk & Fruit |
| Morning Snack: Yogurt w/Fruit | Morning Snack: Oatmeal w/Fruit | Morning Snack: Waffles w/Fruit | Morning Snack: Cinnamon Raisin Bread |  | Morning Snack: Kitchen's Choice |
| Lunch: Chicken Nuggets, Mashed Potatoes | Lunch: Mac N Cheese w/chicken bits | Lunch: Ground Turkey Tacos, | Lunch: Spaghetti w/Meatballs, |  | Lunch: Cheese Pizza, |
| Corn and Pineapples | Green Beans and Apples | Peas and Bananas | Carrots and Peaches |  | Mixed Veggies and Mixed Fruit |
| Vegetarian: Veggie Nuggets | Vegetarian: Mac N Cheese | Vegetarian: Veggie Crumble Tacos | Vegetarian: Spaghetti w/Veggie Crumble |  | Vegetarian: Same |
| Afternoon Snack: Graham Crackers w/fruit | Afternoon Snack: Animal Crackers w/Milk | Afternoon Snack: Ritz Crackers w/Cheese | Afternoon Snack: Pretzels/Cheerios |  | Afternoon Snack: Cheese It Crackers |
| 10 | 11 | 12 | 13 | | 14 |
|  |  |  |  | |  |
| Breakfast: Cereal with Milk & Fruit | Breakfast: Yogurt & Fruit | Breakfast: Cereal with Milk & Fruit | Breakfast: Yogurt & Fruit |  | Breakfast: Cereal with Milk & Fruit |
| Morning Snack: Pancakes w/Fruit | Morning Snack: Cereal w/milk | Morning Snack: Nutrigrain Cereal Bar | Morning Snack: Cheerios w/raisins |  | Morning Snack: Kitchen's Choice |
| Lunch: Fish Sticks, Mashed Potatoes, | Lunch: Mini Turkey Corn Dogs | Lunch: Sloppy Jo, | Lunch: Chicken Tetrazzini, |  | Lunch: Cheese Pizza, |
| Corn and Applesauce/Apple Slices | Carrots and Oranges | Green Beans and Bananas | Broccoli and Peaches |  | Mixed Veggies and Mixed Fruit |
| Vegetarian: Veggie Nuggets | Vegetarian: Veggie Corn Dogs | Vegetarian: Veggie Crumble Sloppy Jo | Vegetarian: Veggie Chicken Tetrazzini |  | Vegetarian: Same |
| Afternoon Snack: Goldfish Crackers | Afternoon Snack: Trail Mix | Afternoon Snack: Blueberry Muffins | Afternoon Snack: Wheat Thins w/Hummus |  | Afternoon Snack: Rice Cakes |
| 17 | 18 | 19 | 20 | | 21 |
|  |  |  |  | |  |
| Breakfast: Cereal with Milk & Fruit | Breakfast: Yogurt & Fruit | Breakfast: Cereal with Milk & Fruit | Breakfast: Yogurt & Fruit |  | Breakfast: Cereal with Milk & Fruit |
| Morning Snack: Yogurt w/Fruit | Morning Snack: Oatmeal w/Fruit | Morning Snack: French Toast w/Fruit | Morning Snack: Cinnamon Raisin Bread |  | Morning Snack: Kitchen's Choice |
| Lunch: Lasagna | Lunch: Hawaiian Roll Turkey Sliders, | Lunch: Chicken Alfredo Pasta, | Lunch: Bean and Cheese Burrito , |  | Lunch: Cheese Pizza, |
| Peas and Apple Slices | Broccoli and Bananas | Peas & Carrots and Pears |  |  | Mixed Veggies and Mixed Fruit |
| Vegetarian: Veggie Lasgna | Vegetarian: Grilled Cheese Sliders | Vegetarian: Veggie Chicken Alfredo | Vegetarian: Same |  | Vegetarian: Same |
|  | Afternoon Snack: Trail Mix | Afternoon Snack: Blueberry Muffins |  |  |  |
| 24 | 25 | 26 | 27 |  | 28 |
|  |  |  |  |  |  |
| Breakfast: Cereal with Milk & Fruit | Breakfast: Yogurt & Fruit | Breakfast: Cereal with Milk & Fruit | Breakfast: Yogurt & Fruit | | Breakfast: Cereal with Milk & Fruit |
| Morning Snack: Pancakes w/Fruit | Morning Snack: Cereal w/milk | Morning Snack: Nutrigrain Cereal Bar | Morning Snack: Cheerios w/raisins | | Morning Snack: Kitchen's Choice |
| Lunch: Cheeseburger Macaroni,  Green Beans and Oranges  Vegetarian: Veggie Crumble Macaroni | Lunch: Chicken Sandwich  Carrots and Pears  Vegetarian: Cheese Sandwich | Lunch: Turkey and Cheese Wrap  Peas and Bananas  Vegetarian: Cheese Quesadilla | Lunch: Chicken and Cheesey Rice Casserole  Broccoli and Applesauce  Vegetarian: Veggie Chicken and Rice Casserole | | Lunch: Cheese Pizza,  Mixed Veggies and Mixed Fruit  Vegetarian: Same |
| Afternoon Snack: Goldfish Crackers | Afternoon Snack: Trail Mix | Afternoon Snack: Blueberry Muffins | Afternoon Snack: Wheat Thins w/Hummus | | Afternoon Snack: Rice Cakes |

\*Milk is served with breakfast, lunch and some afternoon snacks/Water is served with all meals and available throughout the day/100% Fruit Juice served with most afternoon Snacks