

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 1-4</b> <b>Breakfast</b>		Kix cereal, bananas & Milk	Pancakes, mandarin oranges & milk	Nutra Grain Bars, applesauce & milk	French toast sticks, apples & milk
<b>Lunch</b>		Pasta Salad with peppers and cucumbers, Turkey Hot dogs, melons & Milk <b>V: Veggie Hot Dog</b>	Yellow rice, black beans, whole grain bread, broccoli, pears, & milk	Chicken nuggets, mashed potatoes, corn, peaches, whole wheat bread & milk <b>V: Veggie Nuggets</b>	Cheese Pizza, green beans, pineapples & milk
<b>Snack</b>		Veggie Straws & Water	Pretzels & water	Goldfish & water	Pita Bread & water
<b>October 7-11</b> <b>Breakfast</b>	Cheerios Cereal, Bananas & Milk	French toast sticks, oranges & milk	Whole grain pancakes, pears & milk	Nutra grain bars, pineapples & milk	Toasted bagel with cream cheese, strawberries & Milk
<b>Lunch</b>	Grilled cheese on whole grain bread, corn, applesauce & Milk	Chicken quesadilla with tomatoes and lettuce, peaches, & milk <b>V: Cheese Quesadilla</b>	Whole Wheat Spaghetti, red sauce, veggie meatballs, garlic bread, broccoli & milk	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk <b>V: Cheese Sandwich</b>	Chicken Patty on a Whole Grain bun, tater tots, peaches & Milk <b>V: Veggie Patty</b>
<b>Snack</b>	Veggie Straws & Water	Animal crackers, water	Yogurt, Strawberries & water	Vanilla Wafers, Banana Pudding & Water	Crackers and water

**V: Vegetarian Option**

<b>October 14-18</b>					
<b>Breakfast</b>	Kix Cereal, Bananas & Milk	Whole Grain Pancakes, Strawberries & Milk	Nutra grain bars, pears & milk	French toast sticks, pineapples & milk	Toasted bagel with cream cheese, strawberries & Milk
<b>Lunch</b>	Grilled cheese on whole grain bread, corn, applesauce & Milk V: Veggie Nuggets	Chicken Alfredo, peas & carrots, Garlic Bread & Milk V: Plain Alfredo	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: Cheese Sandwich	Mac and cheese, broccoli, honeydew melon, whole grain bread & Milk	Chicken Patty on a Whole Grain bun, tater tots, peaches & Milk V: Veggie Patty
<b>Snack</b>	Veggie Straws & Water	Yogurt, Oranges & Water	Vanilla Wafers, Banana Pudding & Water	Pretzels & water	Cheese and crackers, water

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 21-25</b>					
<b>Breakfast</b>	Whole Grain Cheerios, Bananas & Milk	French toast sticks, oranges & milk	Nutra grain bars, pears & milk	Waffles, strawberries & milk	Bagels, cream cheese, strawberries & milk
<b>Lunch</b>	Whole wheat spaghetti & veggie meatballs, green beans & Milk	Chicken quesadilla with tomatoes and lettuce, peaches, & milk V: Cheese Quesadilla	Chicken nuggets, tater tots, whole grain bread, pineapples, milk V: Veggie Nuggets	Vegetarian Beans, broccoli, pears, whole grain bread & milk	Cheese Pizza, green beans, pineapples & milk
<b>Snack</b>	Graham Crackers & Water	Animal crackers, water	Veggie Straws & Water	Goldfish & Water	Fig newtons & Water

**V: Vegetarian Option**