



# October School Menu 2024

Morning Snack Served with Fresh Fruit	Monday	Tuesday	Wednesday	Thursday	Friday	Afternoon Snack
Mon.- Whole Wheat Toast w/pineapples Tues.- French Toast Sticks w/pears Wed.- Cinnamon Raisin Bread w/apple sauce Thurs.- Vanilla Yogurt w/mixed berries Fri.- Whole Wheat Pancakes w/bananas		<b>1</b> Chicken and Rice Broccoli pears *Veggie Chicken	<b>2</b> Cheese Quesadilla Carrots, Beans Apple sauce	<b>3</b> Chicken Tetrazzini Green Peas apples *Veggie Chicken	<b>4</b> Cheeseburger, Mixed Veggies Mixed Fruit	<b>Mon.- Ritz Crackers w/apples</b> <b>Tues.- Graham Crackers w/bananas</b> <b>Wed.- Animal Crackers w/oranges</b> <b>Thurs.- Trail Mix w/bananas</b> <b>Fri.- Sweet Potato Crackers w/oranges</b>
<b>Mon.- whole wheat Pancake</b> w/pineapples <b>Tues.- Cornbread w/pears</b> <b>Wed.- Cheerios &amp; Raisins w/pears</b> <b>Thurs.- Blueberry Muffins w/apples</b> <b>Fri.- Whole Wheat Waffles w/apple sauce</b>	<b>7</b> Chicken Sandwich Broccoli Melons *Veggie Chicken	<b>8</b> Cheese Ravioli, Corn, pears *Cheese Ravioli	<b>9</b> Chicken Quesadilla Green Beans Pineapple *Cheese Quesadilla	<b>10</b> Mac N Cheese Green Peas apples *Mac N Cheese	<b>11</b> Cheese Pizza Mixed Veggies Mixed Fruit	<b>Mon.- Cheese Itz w/apples</b> <b>Tues.- club crackers w/bananas</b> <b>Wed.- Wheat Thins w/oranges</b> <b>Thurs.- Animal Crackers w/bananas</b> <b>Fri.- Saltine Crackers w/oranges</b>
Mon.- Whole Wheat Toast w/pineapples Tues.- French Toast Sticks w/pears Wed.- Cinnamon Raisin Bread w/apple sauce Thurs.- Vanilla Yogurt w/mixed berries Fri.- Whole Wheat Pancakes w/bananas	<b>14</b> 	<b>15</b> Turkey Sandwich Carrots Pears *Cheese Sandwich	<b>16</b> Chicken Nuggets Corn, Mashed Potatoes Apples/Applesauce *Veggie Nuggets	<b>17</b> Beans and Cheese Quesadilla Green Peas Pineapples *Cheese Quesadilla	<b>18</b> Cheeseburger, Mixed Veggies Mixed Fruit	<b>Mon.- Animal Crackers w/apples</b> <b>Tues.- Graham Crackers w/bananas</b> <b>Wed.- Ritz Crackers w/oranges</b> <b>Thurs.- Trail Mix w/bananas</b> <b>Fri.- Sweet Potato Crackers w/oranges</b>
<b>Mon.- whole wheat Pancake</b> w/pineapples <b>Tues.- Cornbread w/applesauce</b> <b>Wed.- Cheerios &amp; Raisins w/pears</b> <b>Thurs.- Blueberry Muffins w/apples</b> <b>Fri.- Whole Wheat Waffles w/bananas</b>	<b>21</b> Mac N Cheese Broccoli melon	<b>22</b> Cheese Ravioli, Corn, Pears	<b>23</b> Chicken Quesadilla Green Beans pineapple *Cheese Quesadilla	<b>24</b> Chicken Sandwich Green Peas apples *Veggie Chicken	<b>25</b> Cheese Pizza Mixed Veggies Mixed Fruit	<b>Mon.- Cheese Itz w/apples</b> <b>Tues.- club crackers w/bananas</b> <b>Wed.- Wheat Thins w/oranges</b> <b>Thurs.- Animal Crackers w/bananas</b> <b>Fri.- Saltine Crackers w/oranges</b>
Mon.- Whole Wheat Toast w/pineapples Tues.- French Toast Sticks w/pears Wed.- Cinnamon Raisin Bread w/apple sauce Thurs.- Vanilla Yogurt w/mixed berries Fri.- Whole Wheat Pancakes w/bananas	<b>28</b> Chicken Alfredo Green Beans melons *Veggie Chicken	<b>29</b> Beef Spaghetti Green Beans Fresh Melon *Spaghetti w/veggie crumble	<b>30</b> Chicken Quesadilla Green Beans Pineapple *Cheese Quesadilla	<b>31</b> Turkey Sandwich Carrots Pears *Cheese Sandwich		<b>Mon.- Ritz Crackers w/apples</b> <b>Tues.- Graham Crackers w/bananas</b> <b>Wed.- Animal Crackers w/oranges</b> <b>Thurs.- Trail Mix w/bananas</b> <b>Fri.- Sweet Potato Crackers w/oranges</b>

\*Vegetarian Adjustment

-Variety of Cereal served for early breakfast 6:30 AM TO 7:30 AM

-Water served with every meal