



October Menu 2021

M - Cinnamon Muffins T - Cheese Toast W -Pancakes Th -Biscuits and Jelly F : Hash Browns					1 Cheese Pizza Green Beans Applesauce Milk and Water	M - Nutrigrain Bars T -Pretzels W - Vanilla Wafers Th -Fig Bars F - Teddy Grahams
M - Choc Chip Muffins T -Cinnamon Toast W - French Toast Sticks Th : Biscuits and Turkey Sausage F : Waffles	4 Chicken Sandwich Buttered Carrots Peaches Milk and Water	5 Beef Meatballs w/ Brown Gravy Corn Diced Pears Milk and Water	6 Spaghetti w/Meat Marinara Mixed Vegetables Mandarin Oranges Milk and Water	7 Fish Sticks Tater Tot Pineapple Milk and Water	8 Chicken Nuggets Mashed Potatoes Applesauce Milk and Water	M - Granola Bars T - Cheese Its W - Goldfish Th -Animal Crackers F - Trail Mix
M - Cinnamon Muffins T - Cheese Toast W - Pancakes Th -Biscuits and Jelly F - Hash Browns	11 Chicken Alfredo Green Beans Peaches Milk and Water	12 Fish Sticks Tater Tots Pineapple Milk and Water	13 Cheese Pizza Corn Mixed Fruit Milk and Water	14 Beef Steak Fingers Carrots Applesauce Milk and Water	15 Chicken Crisпитos Corn Diced Pears Milk and Water	M - Nutrigrain Bars T -Pretzels W - Vanilla Wafers Th -Fig Bars F - Teddy Grahams
M -Choc. Chip Muffins T - Cinnamon Toast W - French Toast Sticks Th - Biscuits & Turkey Sausage F -Waffles	18 Chili Macaroni Peas Mixed Fruit Milk and Water	19 Chicken Nuggets Mashed Potatoes Mandarin Oranges Milk and Water	20 Fajita Tacos Green Beans Pineapple Milk and Water	21 Salisbury Steak Gravy & Rice Mixed Vegetables Peaches Milk and Water	22 Hamburgers Tater Tots Applesauce Milk and Water	M - Granola Bars T - Cheez-Its W - Goldfish Th -Animal Crackers F -Fig Bars
M - Cinnamon Muffins T - Cheese Toast W -Pancakes Th -Biscuits and Jelly F : Hash Browns	25 Beef Steak Fingers Carrots Mixed Fruit Milk and Water	26 Spaghetti w/Meat Marinara Mixed Vegetables Mandarin Oranges Milk and Water	27 Hamburgers Tater Tots Pineapple Milk and Water	28 Chicken Crisпитos Spanish Rice Corn Pears Milk and Water	29 Cheese Pizza Green Beans Applesauce Milk and Water	M - Nutrigrain Bars T -Pretzels W - Vanilla Wafers Th -Fig Bars F - Teddy Grahams