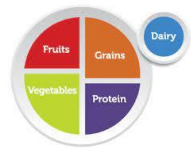




October 2023 School Menu



Breakfast Served with Milk	Monday	Tuesday	Wednesday	Thursday	Friday	Afternoon Snack
Mon.- Whole Wheat Toast w/pineapples Tues.- French Toast Sticks w/apples Wed.- Cinnamon Raisin Bread w/pears Thurs.- Vanilla Yogurt w/mixed berries Fri.- Whole Wheat Pancakes w/bananas	2 Chicken Alfredo Green Beans Melons *Veggie Chicken	3 Chicken and Rice Broccoli Oranges *Veggie Chicken	4 Beef Soft Taco Carrots, Beans Bananas *Beef Crumble	5 Chicken Tetrazzini Green Peas Fresh Pears *Veggie Chicken	6 Cheese Pizza Mixed Veggies Mixed Fruit	Mon.- Cheese Itz w/oranges Tues.- Goldfish w/bananas Wed.- Wheat Thins w/oranges Thurs.- Animal Crackers w/bananas Fri.- Saltine Crackers w/Cheese
Mon.- Multigrain Bars w/pineapples Tues.- Cornbread w/applesauce Wed.- Cheerios & Raisins w/pears Thurs.- Blueberry Muffins w/apples Fri.- Whole Wheat Waffles w/bananas	9 School Closed 	10 Steak Fingers, Corn, Mashed Potatoes Watermelon *Veggie Chicken	11 Mac N Cheese Green Peas Fresh Pears *Mac N Cheese	12 Chicken Quesadilla Green Beans Bananas *Cheese Quesadilla	13 Cheeseburger, Mixed Veggies Mixed Fruit	Mon.- Animal Crackers w/oranges Tues.- Graham Crackers w/bananas Wed.- Ritz Crackers w/Cheese Thurs.- Trail Mix w/oranges Fri.- Sweet Potato Crackers w/cheese
Mon.- Whole Wheat Toast w/pineapples Tues.- French Toast Sticks w/apples Wed.- Cinnamon Raisin Bread w/pears Thurs.- Vanilla Yogurt w/mixed berries Fri.- Whole Wheat Pancakes w/bananas	16 Beef Spaghetti Green Beans Fresh Melon *Spaghetti w/veggie crumble	17 Turkey and Cheese Sandwich Carrots Pineapples *Cheese Sandwich	18 Chicken Nuggets Corn, Mashed Potatoes Apples/Applesauce *Veggie Nuggets	19 Bean and Cheese Burrito, Green Peas Pineapples	20 Cheese Pizza Mixed Veggies Mixed Fruit	Mon.- Cheese Itz w/oranges Tues.- Goldfish w/bananas Wed.- Wheat Thins w/oranges Thurs.- Animal Crackers w/bananas Fri.- Saltine Crackers w/Cheese
Mon.- Multigrain Bars w/pineapples Tues.- Cornbread w/applesauce Wed.- Cheerios & Raisins w/pears Thurs.- Blueberry Muffins w/apples Fri.- Whole Wheat Waffles w/bananas	23 Chicken Alfredo Green Beans Melons *Veggie Chicken	24 Chicken and Rice Broccoli Oranges *Veggie Chicken	25 Beef Soft Taco Carrots, Beans Bananas *Beef Crumble	26 Chicken Tetrazzini Green Peas Fresh Pears *Veggie Chicken	27 Cheeseburger, Mixed Veggies Mixed Fruit	Mon.- Animal Crackers w/oranges Tues.- Graham Crackers w/bananas Wed.- Ritz Crackers w/Cheese Thurs.- Trail Mix w/oranges Fri.- Sweet Potato Crackers w/cheese
Mon.- Whole Wheat Toast w/pineapples Tues.- French Toast Sticks w/apples Wed.- Cinnamon Raisin Bread w/pears Thurs.- Vanilla Yogurt w/mixed berries Fri.- Whole Wheat Pancakes w/bananas	30 Chicken Sandwich Broccoli Oranges *Veggie Chicken	31 Steak Fingers, Corn, Mashed Potatoes Watermelon *Veggie Chicken				Mon.- Cheese Itz w/oranges Tues.- Goldfish w/bananas Wed.- Wheat Thins w/oranges Thurs.- Animal Crackers w/bananas Fri.- Saltine Crackers w/Cheese

*Vegetarian Adjustment

-Variety of Cereal served for early arrivals until 7:30am

-Milk served with Lunch / Water served with Snack and available at every meal.