



HELLO
October

	<i>Tuesday 10/1</i>	<i>Wednesday 10/2</i>	<i>Thursday 10/3</i>	<i>Friday 10/4</i>
	Breakfast: French toast w/berries Lunch: Chicken nuggets, green beans, wheat bread and Mandarin oranges Snack: Goldfish crackers & fruit	Breakfast: Sausage patty on WW biscuit & fruit Lunch: Fish sticks, mashpotatoes, corn, wheat bread and fruit Snack: Veggie crackers and fruit	Breakfast: Oatmeal w/ Blueberries Lunch: Cheese Quesadillas on whole wheat tortilla w/Mixed veggies and peaches Snack: Animal Crackers & fruit	Breakfast: Cheese Toast & mixed fruit Lunch: Ham & cheese wrap, Fresh fruit and veggies Snack: Pretzels & Cheese
	<i>Tuesday 10/8</i> Breakfast: Yogurt w/granola & Blueberries Lunch: Beef Ravioli green beans, wheat bread Pears Snack: Whole grain baked cheetos & fruit	<i>Wednesday 10/9</i> Breakfast: French toast w/ Strawberries Lunch: Chicken fajitas on whole wheat tortillas w/refried beans, Salad & Mandarin oranges Snack: Rice cakes and fruit	<i>Thursday 10/10</i> Breakfast: Sausage, Tortilla & peaches Lunch: Grilled cheese on wheat, Mixed veggies and Appleslices Snack: Graham crackers & fruit	<i>Friday 10/11</i> Breakfast: Muffins & Mandarins Lunch: Chicken enchilada casserole, Broccoli & Pineapples Snack: Mixed berries & cheese cubes
<i>Monday 10/14</i>  Closed Monday, October 14 for staff training	<i>Tuesday 10/15</i> Breakfast: Cereal and banana Lunch Chicken patty on wheat bun, broccoli and appleslices Snack: Carrot chips and hummus	<i>Wednesday 10/16</i> Breakfast: Muffins & pears Lunch: Turkey, Rice w/ Broccoli, wheat bread and Mixed fruit. Snack: Animal crackers and apples	<i>Thursday 10/17</i> Breakfast: Sausage patty on whole grain biscuit & Fruit Lunch: Whole wheat pasta w/ meat sauce, Salad and pears Snack: Oatmeal cookie and juice	<i>Friday 10/18</i> Breakfast: Waffles & Strawberries Lunch: Cheeseburger on wheat tator tots and Pineapples Snack: multigrain crisps and cheese
<i>Monday 10/21</i> Breakfast: French toast w/ fruit Lunch: Chicken Pot pie, Broccoli, wheat bread and Mandarin oranges Snack: Goldfish pretzel and sun butter	<i>Tuesday 10/22</i> Breakfast: Yogurt w/granola & Strawberries Lunch: Turkey & cheese on wheat, fresh fruit and veggies Snack: Chex mix and fruit	<i>Wednesday 10/23</i> Breakfast: Biscuit w/ Fruit jam Lunch: Mac n cheese w/ham, Mixed veggies and peaches Snack: oranges and Wheat crackers	<i>Thursday 10/24</i> Breakfast: English Muffins w/ Mandarin Oranges Lunch: Chicken fried rice, Broccoli, wheat bread and mixed berries Snack: Cheez-it and fruit	<i>Friday 10/25</i> Breakfast: WG turkey sausage breakfast pizza & mixed fruit Lunch: Salisbury steak, Wheat bread, corn & pears Snack: Veggie crackers & apples
<i>Monday 10/28</i> Breakfast: Cereal and banana Lunch: Turkey hotdogs on wheat bun, Peas & Pineapples Snack: Teddy grahams & fruit	<i>Tuesday 10/29</i> Breakfast: Cheese tosat & fruit Lunch: Beef & bean burrito w/salad and appleslices snack: Rice cakes & fruit	<i>Wednesday 10/30</i> Breakfast: Cereal and banana Lunch: Tator tot casserole, wheat bread, peas and pineapples Snack: Graham cracker & fruit	<i>Thursday 10/31</i> Breakfast: Pancakes and strawberries Lunch: Beef steak fingers w/gravy, carrots, mixed fruit and wheat bread Snack: Goldfish crackers & fruit	