

October 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AM Snack Milk served with snack	8 Cheerios cereal Fresh fruit	9 Oatmeal Fresh fruit	10 Wheat bagels Fresh fruit	11 Rice Krispies Fresh fruit	12 Challah bread fresh fruit
LUNCH Milk served with lunch	Pasta Marinara Cottage cheese Pineapple	Bean & Cheese Quesadilla Brown rice, sour crm, salsa Applesauce	Fish Sticks Mashed potatoes, corn bread, peaches	Scrambled eggs Roast potatoes, English muffin, fruit cocktail	Pizza Tossed salad Pears
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit	Pretzels Orange juice	Cheese crackers Fresh fruit
AM Snack Milk served with snack	15 Cheerios cereal Fresh fruit	16 Oatmeal Fresh fruit	17 Wheat bagels Fresh fruit	18 Rice Krispies Fresh fruit	19 Corn Flakes fresh fruit
LUNCH Milk served with lunch	Veggie Lo Mein Yogurt Pineapple	Pierogi Casserole Cottage cheese Applesauce	Hot Dogs Baked beans, bun Peaches, apple juice	Waffles Yogurt, fruit cocktail, roast potatoes	Pizza Tossed salad Pears
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit	Pretzels Orange juice	Cheese crackers Fresh fruit
AM Snack Milk served with snack	22 Cheerios cereal Fresh fruit	23 TBA Fresh fruit	24 Wheat bagels Fresh fruit	25 Rice Krispies Fresh fruit	26 Challah bread fresh fruit
LUNCH Milk served with lunch	Toasted Cheese Sandwich Tomato Soup Pineapple	Bean Quesadilla Rice Applesauce	Chicken Nuggets Mac salad, corn, peaches Apple juice	TBA	Pizza Tossed salad Pears
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit	Pretzels Orange juice	Cheese crackers Fresh fruit
AM Snack Milk served with snack	29 Cheerios cereal Fresh fruit	30 Oatmeal Fresh fruit	31 Wheat bagels Fresh fruit	11/1 Rice Krispies Fresh fruit	11/2 Corn Flakes fresh fruit
	Pasta Marinara Cottage cheese Pineapple	Veggie Chili Mac & Cheese Corn Applesauce	American Goulash Green beans, peaches, apple juice	Cheese Lasagna Peas Fruit cocktail	Pizza Tossed salad Pears
PM Snack Water served with snack	Chex mix Fresh fruit	Cucumbers, mini carrots Ranch dress., breadsticks	Ritz crackers Fresh fruit	Pretzels Orange juice	Cheese crackers Fresh fruit

***Fresh fruit based on availability. Includes: Bananas, Apples, Red Grapes, Oranges, Watermelon, Cantaloupe**

