

## October 2016 Monthly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> AM Snack: Waffles and Oranges Lunch: Pasta with marinara sauce, corn and apples PM Snack: Carrots and ranch	<b>4</b> AM Snack: Yogurt and Graham Crackers Lunch: Chicken nuggets, green beans and fruit PM Snack: Cheese and crackers	<b>5</b> AM Snack: English muffins with jelly Lunch: Cheese quesadillas, beans, fruit PM Snack: Apples and goldfish	<b>6</b> AM Snack: Applesauce and Animal Crackers Lunch: Sloppy Joe's, peas and peaches PM Snack: Animal crackers and milk	<b>7</b> AM Snack: Scrambled eggs and toast Lunch: Cheese Pizza, green beans and fruit PM Snack: Cook's Choice
<b>10</b> AM Snack: Cinnamon toast and fruit Lunch: Grilled cheese, carrots and peaches PM Snack: Wheat Thins and applesauce	<b>11</b> AM Snack: Yogurt and Granola Lunch: Chicken and rice, peas and pears PM Snack: Pretzels and apples	<b>12</b> AM Snack: Bananas and milk Lunch: Macaroni and cheese, cucumbers and mandarin oranges PM Snack: Applesauce and graham crackers	<b>13</b> AM Snack: Pancakes and fruit Lunch: Turkey and cheese sandwiches, carrots and fruit PM Snack: Raisins and animal crackers	<b>14</b> AM Snack: Cereal bars Lunch: Cook's Choice PM Snack: String cheese and fruit
<b>17</b> AM Snack: Cereal and milk Lunch: English muffin pizza, corn and fruit PM Snack: Goldfish and raisins	<b>18</b> AM Snack: Yogurt and Graham crackers Lunch: Fish sticks, rice and peas PM Snack: Crackers and juice	<b>19</b> AM Snack: Goldfish and raisins Lunch: Pasta with alfredo sauce, corn and fruit PM Snack: Cereal	<b>20</b> AM Snack: French toast sticks and fruit Lunch: Pasta with marinara sauce, corn and apples PM Snack: Pretzel chips and fruit	<b>21</b> AM Snack: Toast and apples Lunch: Cheese Ravioli with Marinara sauce, peas and fruit PM Snack: Cook's Choice
<b>24</b> AM Snack: Applesauce and animal crackers Lunch: Chicken patties, ketchup, corn and fruit PM Snack: Cheese and crackers	<b>25</b> AM Snack: Cereal and milk Lunch: Sloppy Joe's, cucumbers and fruit PM Snack: Apples and goldfish	<b>26</b> AM Snack: Oatmeal and fruit Lunch: Hot dogs with buns, fruit and salad PM Snack: Graham crackers and bananas	<b>27</b> AM Snack: Pancakes and bananas Lunch: Mexican rice, corn and fruit PM Snack: Pretzels and fruit	<b>28</b> AM Snack: Scrambled eggs and toast Lunch: Cook's Choice PM Snack: Animal crackers and milk
<b>31</b> AM Snack: Cereal and milk Lunch: Quesadillas, mixed veggies, fruit PM Snack: Crackers and juice				

