

# October 2018

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
<p><b>1</b></p> <p>AM: Fresh fruit &amp; graham crackers</p> <p>L: Turkey hot dog, tater tots, fresh fruit &amp; milk</p> <p>PM: String cheese &amp; pretzles</p>	<p><b>2</b></p> <p>AM: Toasted English muffin &amp; milk</p> <p>L: Vegetarian bean and cheese burrito, fresh fruit &amp; milk</p> <p>PM: Fresh fruit &amp; organic animal crackers</p>	<p><b>3</b></p> <p>AM: Lowfat yogurt &amp; fresh fruit</p> <p>L: Wow-Butter &amp; jelly sandwiches on whole wheat, fresh fruit &amp; milk</p> <p>PM: Sliced cheese &amp; crackers</p>	<p><b>4</b></p> <p>AM: Organic animal crackers &amp; milk</p> <p>L: Pasta w/ butter and parmesan, mixed veggies, fresh fruit &amp; milk</p> <p>PM: Snack Mix &amp; fresh fruit</p>	<p><b>5</b></p> <p>AM: Fresh fruit &amp; graham crackers</p> <p>L: Turkey sliders on a roll, fresh fruit &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>																																																																																				
<p><b>8</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Cheese pizza, green beans, oranges &amp; milk</p> <p>PM: Fresh fruit &amp; graham crackers</p>	<p><b>9</b></p> <p>AM: Toasted bagel &amp; fresh fruit</p> <p>L: Roasted chicken strips w/ BBQ dipping sauce, mashed potatoes, mixed veggies &amp; milk</p> <p>PM: String cheese &amp; Ritz crackers</p>	<p><b>10</b></p> <p><b>**COOK'S CHOICE**</b></p>	<p><b>11</b></p> <p>AM: Cereal bar &amp; milk</p> <p>L: Pasta w/ marinara sauce, peas &amp; carrots &amp; milk</p> <p>PM: Fresh fruit &amp; graham crackers</p>	<p><b>12</b></p> <p>AM: Lowfat yogurt &amp; organic animal crackers</p> <p>L: Grilled cheese on whole wheat, carrot sticks, fresh fruit &amp; milk</p> <p>PM: Fresh fruits &amp; Club crackers</p>																																																																																				
<p><b>15</b></p> <p>AM: Graham crackers &amp; fresh fruit</p> <p>L: Cheesey scrambled eggs, tater tots, fresh fruit &amp; milk</p> <p>PM: Cheese sticks &amp; Club crackers</p>	<p><b>16</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Turkey and cheese sandwiches on whole wheat, carrot sticks, fresh fruit &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>	<p><b>17</b></p> <p>AM: French toast sticks &amp; fresh fruit</p> <p>L: Turkey Sloppy Joes, fresh fruit, green beans &amp; milk</p> <p>PM: Goldfish crackers &amp; fresh fruit</p>	<p><b>18</b></p> <p>AM: Fresh fruit &amp; animal crackers</p> <p>PM: Cheese quesadilla, vegetarian refried beans, fresh fruit &amp; milk</p> <p>PM: Pretzles &amp; raisins</p>	<p><b>19</b></p> <p>AM: Lowfat yogurt &amp; graham crackers</p> <p>L: Pasta Alfredo, steamed broccoli, fresh fruit &amp; milk</p> <p>PM: Sliced cheese &amp; crackers</p>																																																																																				
<p><b>22</b></p> <p>AM: Fresh fruit &amp; Graham crackers</p> <p>L: Fish sticks, rice pilaf, fresh fruit &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>	<p><b>23</b></p> <p>AM: Toasted English muffin &amp; milk</p> <p>L: Chicken noodle soup, sliced cheese, crackers, fresh fruit &amp; milk</p> <p>PM: Snack mix &amp; fresh fruit</p>	<p><b>24</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Turkey hot dog, tater tots, fresh fruit &amp; milk</p> <p>PM: String cheese &amp; ritz crackers</p>	<p><b>25</b></p> <p>AM: Fresh fruit &amp; organic animal crackers</p> <p>L: Vegetarian bean and cheese burrito, fresh fruit &amp; milk</p> <p>PM: fresh fruit &amp; graham crackers</p>	<p><b>26</b></p> <p>AM: Lowfat yogurt &amp; organic animal crackers</p> <p>L: Turkey and cheese slices with crackers, fresh fruit &amp; milk</p> <p>PM: Pretzles &amp; fresh fruit</p>																																																																																				
<p><b>29</b></p> <p>AM: Cereal &amp; milk</p> <p>L: Chicken nuggets, mixed veggies, beans fresh fruit &amp; milk</p> <p>PM: Snack Mix &amp; fresh fruit</p>	<p><b>30</b></p> <p>AM: Toasted bagel &amp; fresh fruit</p> <p>L: Wow butter and jelly on whole wheat, carrot sticks &amp; fresh fruit</p> <p>PM: Cheese sticks &amp; crackers</p>	<p><b>31</b></p> <p>AM: Orange slices &amp; graham crackers</p> <p>L: Macaroni and Cheese, green peas &amp; milk</p> <p>PM: Goldfish crackers &amp; raisins</p>	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p style="text-align: center; margin: 0;">Sep 2018</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p style="text-align: center; margin: 0;">Nov 2018</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table> </div> </div>		M	T	W	T	F	S	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	M	T	W	T	F	S	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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NOTE: All milk is 1%, BREAKFAST is always cereal, milk\_fresh fruit and is over at 7:30.