



October 2018 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>AM: Fresh fruit with organic animal crackers</p> <p>L: Turkey hot dog, french fries, oranges & milk</p> <p>PM: String cheese & Ritz crackers</p>	<p>2</p> <p>AM: Lowfat yogurt & organic animal crackers</p> <p>L: Turkey & cheese slices with crackers, fresh fruit & milk</p> <p>PM: Pretzels & oranges</p>	<p>3</p> <p>AM: Fresh fruit with organic animal crackers</p> <p>L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk</p> <p>PM: Apple cinnamon rice cakes & fresh fruit</p>	<p>4</p> <p>AM: Fresh fruit & Graham crackers</p> <p>L: Fish sticks, rice, fresh fruit & milk</p> <p>PM: Goldfish crackers & raisins</p>	<p>5</p> <p>AM: Nutrigrain cereal bar & milk</p> <p>L: Grilled cheese on whole wheat, carrots, fresh fruit & milk</p> <p>PM: Pretzels & raisins</p>
<p>8</p> <p>AM: Fresh fruit & Graham crackers</p> <p>L: English muffin cheese pizzas, cucumbers, fresh fruit & milk</p> <p>PM: Apples & cheese slices</p>	<p>9</p> <p>AM: French toast sticks & milk</p> <p>L: Cheese quesadilla, rice, oranges & milk</p> <p>PM: Raisins & Goldfish crackers</p>	<p>10</p> <p>AM: Nutrigrain cereal bar & fresh fruit</p> <p>L: Roasted chicken, mashed potatoes w/ gravy, broccoli & milk</p> <p>PM: Organic animal crackers & milk</p>	<p>11</p> <p>AM: Cereal & milk</p> <p>L: Chicken corn dogs, mixed veggies, oranges & milk</p> <p>PM: Cheese sticks & Club crackers</p>	<p>12</p> <p>AM: Lowfat yogurt & organic animal crackers</p> <p>L: Turkey & cheese sandwiches on whole wheat, Cheez-Its, oranges & milk</p> <p>PM: Snack mix & fresh fruit</p>
<p>15</p> <p>AM: Fresh fruit & graham crackers</p> <p>L: Turkey sliders on a bun, fresh fruit & milk</p> <p>PM: String cheese & pretzles</p>	<p>16</p> <p>AM: Toasted English muffin & milk</p> <p>L: Vegetarian bean & cheese burritos, apples & milk</p> <p>PM: Orange slices & organic animal crackers</p>	<p>17</p> <p>AM: Lowfat yogurt & apple slices</p> <p>L: Cheesy scrambled eggs, tater tots, fresh fruit & milk</p> <p>PM: Cheese slices & crackers</p>	<p>18</p> <p>AM: Fresh fruit with organic animal crackers</p> <p>L: Pasta with butter & Parmesan cheese, salad, fresh fruit & milk</p> <p>PM: Apple slices & snack mix</p>	<p>19</p> <p>AM: Graham crackers & milk</p> <p>L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk</p> <p>PM: Goldfish crackers & raisins</p>
<p>22</p> <p>AM: Cereal & milk</p> <p>L: Cheese pizza, green beans, oranges & milk</p> <p>PM: Apple slices & Cheez-Its</p>	<p>23</p> <p>AM: Quaker cereal bar & apple slices</p> <p>L: Roasted chicken strips with BBQ dipping sauce, steamed veggies & milk</p> <p>PM: Cheese sticks & Ritz crackers</p>	<p>24</p> <p>AM: Toasted bagel & milk</p> <p>L: Pasta with marinara sauce, mixed veggies & milk</p> <p>PM: Orange slices & graham crackers</p>	<p>25</p> <p>AM: Lowfat yogurt & organic animal crackers</p> <p>L: Grilled cheese on whole wheat, carrots, fresh fruit & milk</p> <p>PM: Applesauce & club crackers</p>	<p>26</p> <p>AM: French toast sticks & fruit</p> <p>L: Vegetarian bean & cheese burritos, carrots & milk</p> <p>PM: Pretzels & raisins</p>
<p>29</p> <p>AM: Cinnamon oatmeal</p> <p>L: Macaroni & Cheese, green peas & milk</p> <p>PM: Cheese slices & crackers</p>	<p>30</p> <p>AM: Cereal & milk</p> <p>L: Sloppy Joe's, green beans & milk</p> <p>PM: Carrots with ranch dip</p>	<p>31</p> <p>AM: Pancakes & fruit</p> <p>L: Pasta with Marinara Sauce, peas and fresh fruit</p> <p>PM: String cheese & Club crackers</p>		