

October 2020 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 AM: Cereal & milk</p> <p>L: Turkey Cheese sandwiches on whole wheat, carrots, fresh fruit & milk</p> <p>PM: Graham crackers & fresh fruit</p>	<p>2 AM: Low-fat Yogurt & organic animal crackers</p> <p>L: Roasted chicken, mashed potatoes, mixed veggies & milk</p> <p>PM: String Cheese & Club crackers</p>
<p>5 AM: Low-fat yogurt & organic animal crackers</p> <p>L: Fish sticks, rice pilaf, carrots, peas & milk</p> <p>PM: Goldfish crackers & raisins Infants: Goldfish Crackers & Fruit</p>	<p>6 AM: Cereal & milk</p> <p>L: Pasta w/ marinara sauce, mixed veggies & milk</p> <p>PM: Fresh Fruit & Animal Crackers</p>	<p>7 AM: Cereal Bar & fresh fruit</p> <p>L: Turkey hot dog, tator tots, fresh fruit & milk</p> <p>PM: String cheese & club crackers</p>	<p>8 AM: Graham Crackers & Milk</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk</p> <p>PM: Fresh fruit & snack mix</p>	<p>9 AM: Fresh fruit & organic animal crackers</p> <p>L: Turkey & cheese slices, crackers, fresh fruit & milk</p> <p>PM: Graham crackers & fresh fruit</p>
<p>12 AM: Graham crackers & fresh fruit</p> <p>L: Cheesy scrambled eggs, tator tots, fresh fruit & milk</p> <p>PM: Wow Butter & crackers</p>	<p>13 AM: Animal Crackers & Fresh Fruit</p> <p>L: Turkey & cheese sandwiches on whole wheat, carrots, fresh fruit & milk</p> <p>PM: Snack mix & raisins Infants: Snack mix and Fruit</p>	<p>14 AM: French toast sticks & milk</p> <p>L: Turkey "Sloppy Joes", Mixed veggies, fresh fruit & milk</p> <p>PM: String cheese & Club crackers</p>	<p>15 AM: Cereal bar & fresh fruit</p> <p>L: Pasta Alfredo, steamed broccoli, fresh fruit & milk</p> <p>PM: Pretzels & raisins Infants: Crackers & Fruit</p>	<p>16 AM: Low-fat yogurt & Graham crackers</p> <p>L: Vegetarian bean & cheese burrito, fresh fruit & milk</p> <p>PM: Fresh fruit & organic animal crackers</p>
<p>19 AM: Whole wheat toast & milk</p> <p>L: Turkey hot dog, tator tots, fresh fruit, & milk</p> <p>PM: String cheese & pretzels Infants: String Cheese & Crackers</p>	<p>20 AM: Low-fat yogurt & fresh fruit</p> <p>L: WOW butter & Jelly sandwiches, fresh fruit, carrot sticks & milk</p> <p>PM: Fresh fruit & Organic animal crackers</p>	<p>21 AM: Cereal Bar & fresh fruit</p> <p>L: Pasta w/ butter & parmesan, mixed veggies, fresh fruit & milk</p> <p>PM: Slices cheese & crackers</p>	<p>22 AM: Graham Crackers & Milk</p> <p>L: Corn dogs, veggies, fresh fruit, & Milk</p> <p>PM: Goldfish crackers & Raisins Infants: Goldfish & Fruit</p>	<p>23 AM: Fresh Fruit & organic animal crackers</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk PM: Snack mix & Fresh Fruit</p>
<p>26 AM: Cereal & milk</p> <p>L: Cheese pizza, Green beans, fresh fruit & milk</p> <p>PM: Pretzels & fresh fruit Infants: Crackers and Fresh Fruit</p>	<p>27 AM: Graham crackers & milk</p> <p>L: Vegetarian bean & cheese burrito, fresh fruit & milk</p> <p>PM: Fresh fruit & Goldfish</p>	<p>28 AM: Toasted bagel & fresh fruit</p> <p>L: Roasted Chicken w/ BBQ dipping sauce, mashed potatoes, peas & milk</p> <p>PM: Graham Crackers & fresh fruit</p>	<p>29 AM: Organic animal crackers & milk</p> <p>L: Pasta w/ marinara sauce, mixed veggies & milk</p> <p>PM: String cheese & Club crackers</p>	<p>30 AM: Low-fat yogurt & Fresh fruit</p> <p>L: Grilled Cheese on whole wheat, mixed veggies, pumpkin oranges & milk</p> <p>PM: Wow Butter & Apple Monster Mouths</p>

Breakfast is over at 7:15 and is always fresh fruit, cold cereal, and milk.

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