

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM: Cheerios & Milk  L: Chicken Nuggets, mashed potatoes, mixed veggies & milk  PM: String Cheese & Club Crackers
4 AM: Toasted Bagel & Cream Cheese  L: Fish sticks, rice, peas & carrots, milk  PM: Goldfish Crackers & Craisins	5 AM: Cereal Bars & Milk  L: Pasta w/ marinara sauce, mixed veggies & milk  PM: Animal Crackers & Fresh Fruit	6 AM: Pancakes & Fresh Fruit  L: Grilled Chicken Taquitos, green beans, fresh fruit & milk  PM: String Cheese & Club Crackers	7 AM: English Muffin w/ Jelly & Milk  L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk  PM: Fresh Fruit & Snack Mix	8 AM: French Toast Sticks & Milk  L: Turkey & cheese slices, crackers, fresh fruit & milk  PM: Graham Crackers & Fresh Fruit
11 AM: Cinnamon Toast & Milk  L: Cheesy scrambled eggs, tator tots, fresh fruit & milk  Pm: Pita Triangles & Hummus	12 AM: Low-Fat Yogurt & Graham Crackers  L: Cheese pizza, green beans, fresh fruit & milk  PM: Snack Mix & Raisins	13 AM: Fig Bars & Milk  L: Turkey "Sloppy Joes", Mixed veggies, fresh fruit & milk  PM: String Cheese & Club Crackers	14 AM: Waffles & Bananas  L: Pasta Alfredo, steamed broccoli, fresh fruit & milk  PM: Pretzels & Craisins	15 AM: Cheerios & Milk  L: Vegetarian bean & cheese burrito, fresh fruit & milk  PM: Animal Crackers & Fresh Fruit
18 AM: Toasted Bagel & Cream Cheese  L: Turkey hot dog, tater tots, fresh fruit, & milk  PM: String Cheese & Pretzels	19 AM: Cereal Bars & Milk  L: Turkey Sliders, fresh fruit, carrot sticks & milk  PM: Animal Crackers & Fresh Fruit	20 AM: Pancakes & Fresh Fruit  L: Pasta w/ butter & parmesan, mixed veggies, fresh fruit & milk  PM: Crackers & Sliced Cheese	21 AM: English Muffin w/ Jelly & Milk  L: Chicken Taquitos, carrots, fresh fruit & milk  PM: Snack Mix & Fresh Fruit	22 AM: French Toast Sticks & Milk  L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk  PM: Goldfish Crackers & Raisins
25 AM: Cinnamon Toast & Fall Harvest Applesauce L: Cheese pizza, green beans, fresh fruit & milk  PM: Pretzels & Fresh Fruit	26 AM: Orange Colored Low-Fat Yogurt with black sprinkles & Animal Crackers L: Chicken Nuggets w/ BBQ dipping sauce, mashed potatoes, peas & milk PM: Goldfish Crackers & Fresh Fruit	27 AM: Fig Bars & Milk  L: Vegetarian bean & cheese burrito, fresh fruit & milk  PM: Ghost Bananas & Graham Crackers	28 AM: Waffles & Bananas  L: Pasta w/ marinara sauce, mixed veggies & milk  PM: "Pumpkin" Oranges & Pretzels	29 AM: Cheerios & Milk  L: Grilled Cheese sand"witches", Veggie Broomsticks, fresh fruit & milk  PM: Fresh Fruit & Snack Mix

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