



## **OCTOBER**





| _                 | # hold (see - cf. heart)  |   |  |  | # head (new of Jones ) a   |
|-------------------|---|---|--|--|--|
|                   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|                   |   |   | 1  | 2  | 3  |
| AM SNACK          |   |   | WG PANCAKES & MIXED BERRIES                                | WG CEREAL & BANANA                                     | MUFFINS & BANANA   |
| LUNCH             | MENU IS SUBJECT TO CHANGE<br>BASED ON AVALABILITY FROM<br>SUPPLIER. |   | DICED PINEAPPLE<br>MIXED VEGETABLES<br>CHICKEN NUGGETS     | MIXED FRUIT<br>PEAS<br>CHICKEN NOODLE BAKE             | APPLES CARROTS & CUCUMBERS W/RANCH CHEESE BOSCO STICKS               |
|                   |   |   | ORANGES & VANILLA WAFERS                                   | PUDDING & ANIMAL COOKIES                               | CHEESE & CRACKERS  |
|                   | 6   | 7   | 8  | 9  | 10   |
| AM SNACK          | WG OATMEAL BAR & BANANA   | BAGEL W/ SPREAD & BANANA                          | WAFFLES & MIXED BERRIES                                    | WG CEREAL & BANANA                                     | CINNAMON ROLLS & BANANA  |
| LUNCH             | DICED PEARS<br>BROCCOLI<br>GARLIC TOAST<br>PASTA W/CHICKEN ALFREDO  | DICED PEACHES<br>CORN<br>BEEF & BEAN BURRITO      | DICED PINEAPPLE<br>MIXED VEGETABLES<br>CHICKEN TENDER WRAP | MIXED FRUIT<br>SMILE FRIES<br>HAMBURGER                | CLEMENTINES<br>CARROTS & CUCUMBERS W/RANCH<br>PEPPERONI ROLLS        |
| PM SNACK          | APPLES & GRAHAM COOKIES   | CHURROS & DIP                                     | GOLDFISH & PEPPERONI                                       | YOGURT & GRAHAM COOKIES                                | FIG NEWTONS & APPLESAUCE   |
| 1 N C C N 1 C N 1 | 13  | 14  | 15   |  |  |
| AM SNACK          | WG OATMEAL BAR & BANANA   | ENGLISH MUFFIN & BANANA                           | FRENCH TOAST STICKS & MIXED BERREIS                        | WG CEREAL & BANANA                                     | CINNAMON TOAST & BANANA  |
| LUNCH             | DICED PEARS<br>GREEN BEANS<br>GARLIC TOAST<br>PASTA W/MEATSAUCE     | DICED PEACHES<br>CORN<br>CHICKEN & CHEESE BURRITO | DICED PINEAPPLE<br>MIXED VEGETABLES<br>CHICKEN NUGGETS     | MIXED FRUIT<br>BROCCOLI<br>GRILLED CHEESE              | APPLES<br>CARROTS & CUCUMBERS W/RANCH<br>CHEESE PIZZA                |
| PM SNACK          | APPLES & GRAHAM COOKIES   | TORTILLA CHIPS & DIP                              | ORANGES & VANILLA WAFERS                                   | PUDDING & ANIMAL COOKIES                               | CHEESE & CRACKERS  |
|                   | 20  | 21  | 22   | 23   | 24   |
| AM SNACK          | WG OATMEAL BAR & BANANA   | BAGEL W/ SPREAD & BANANA                          | PANCAKES & MIXED BERRIES                                   | WG CEREAL & BANANA                                     | MUFFINS & BANANA   |
| LUNCH             | DICED PEARS<br>BROCCOLI<br>MACARONI & CHEESE                        | DICED PEACHES<br>CORN<br>BEEF & CHEESE TACO       | DICED PINEAPPLE<br>MIXED VEGETABLES<br>CHICKEN TENDER WRAP | MIXED FRUIT<br>GREEN BEANS<br>RICE<br>TERIYAKI CHICKEN | CLEMENTINES<br>CARROTS & CUCUMBERS W/RANCH<br>PEPPERONI BOSCO STICKS |
| PM SNACK          | APPLES & GRAHAM COOKIES   | CHURROS & DIP                                     | GOLDFISH & PEPPERONI                                       | YOGURT & GRAHAM COOKIES                                | FIG NEWTONS & APPLESAUCE   |
|                   | 27  | 28  | 29   | 30   | 31   |
| AM SNACK          | WG OATMEAL BAR & BANANA   | ENGLISH MUFFIN & BANANA                           | WAFFLES & MIXED BERRIES                                    | WG CEREAL & BANANA                                     | CINNAMON ROLLS & BANANA  |
| LUNCH             | DICED PEARS<br>GREEN BEANS<br>GARLIC TOAST<br>RAVIOLI W/MARINARA    | DICED PEACHES<br>CORN<br>TURKEY & CHEESE TAQUITO  | DICED PINEAPPLE<br>MIXED VEGETABLES<br>CHICKEN NUGGETS     | MIXED FRUIT<br>SMILE FRIES<br>HAMBURGER                | APPLES<br>CARROTS & CUCUMBERS W/RANCH<br>CHEESE PIZZA                |
| PM SNACK          | APPLES & GRAHAM COOKIES   | TORTILLA CHIPS & DIP                              | ORANGES & VANILLA WAFERS                                   | PUDDING & ANIMAL COOKIES                               | CHEESE & CRACKERS  |