

October 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
AM Snack	Cereal with Milk	Biscuits with Jelly	Cinnamon Apples with Granola	French Toast & Berries	Cereal with Milk
Lunch	Chicken Nuggets Peas Applesauce with Milk	Taco Tuesday Corn Tropical Fruit with Milk	Mighty Meat Pasta Zucchini Apple Slices with Milk	Grilled Chicken Salad Roll Pineapple with Milk	Asian Dumplings Stir Fry Veggies Mandrain Oranges with Milk
PM Snack	Cheese Its & Oranges	Champs Crackers & Cheese Stick	Cheese Crackers	Banana & Vanilla Wafers	Rice Cakes with sunbutter
	9 10	11	12	13	
AM Snack	Cereal with Milk	English Muffin with Applebutter	Oatmeal & Banana	Pancakes	Cereal with Milk
Lunch	Pierogies Peas & Carrots Mandrain Oranges with Milk	Chicken Patty Sandwich Mixed Vegetables Tropical Fruit with Milk	Philly Cheesesteak Tator Tots Pineapple with Milk	Pizza Cruncher Broccoli Apple Slices with Milk	French Toast Sticks Corn Turkey Sausage Mango with Milk
PM Snack	Maple Bites	Flatbread with Jelly	Churro Crackers & Vanilla Yogurt	Pita with Hummus	Ritz Crackers & Cheese Stick
	16	17	18	19	20
AM Snack	Cereal with Milk	Blueberry Loaf	Cinnamon Apples with Granola	Waffles	Cereal with Milk
Lunch	Pizza Broccoli Clementine with Milk	Chicken Nuggets Sweet Potato Bites Mango with Milk	Loaded Tator Tots Salsa Pineapple with Milk	Mac & Cheese with Diced Turkey Peas Banana with Milk	BBQ Chicken Mixed Veggies Cornbread Peaches with Milk
PM Snack	Cucumber slices, Flatebread w/ Cream Cheese	Applesauce & Gramham Crackers	Goildfish	Apple Slices with Sunbutter	Pretzels & Vanilla Yogurt
	23	24	25	26	27
AM Snack	Cereal with Milk	Muffins	Oatmeal & Banana	Panckaes	Cereal with Milk
Lunch	Lasgana Roll Up String Beans Mandrain Oranges with Milk	Chicken & Waffles String Beans Peaches with Milk	Sloppy Joes Broccoli Mixed Fruit with Milk	Turkey & Cheese Sandwiches Sweet Potatoes Apple Slices	Fish Nuggets Peas Mangos with Milk
PM Snack	Animal Crackers	Yogurt with Mango	Granola with Berries	Pita with Hummus	Rice Cakes with sunbutter
	30	31			
AM Snack	Cereal with Milk	Biscuits with Jelly			
Lunch	Chicken Nuggets Peas Applesauce with Milk	Taco Tuesday Corn Tropical Fruit with Milk			
PM Snack	Maple Bites	Champs Crackers & Cheese Stick			

