

OCTOBER 2018 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pancakes w/syrup Peaches Milk	2 Whole Wheat English Muffin Applesauce Milk	3 Cereal Banana Milk	4 Whole Wheat Toast w/ cheese slice Orange Juice Milk	5 French Toast stix Banana Milk
8 Whole Wheat Waffles w/syrup Applesauce Milk	9 Whole Wheat Bagel w/cream cheese Orange Milk	10 Oatmeal Raisins Milk	11 Whole Wheat English Muffin Banana Milk	12 Pancakes w/syrup Peaches Milk
15 Whole Wheat Toast w/cinnamon Apple Milk	16 Whole Wheat English Muffin Orange Milk	17 Whole Wheat Bagel w/cream cheese Raisins Milk	18 Whole Wheat Waffles w/syrup Applesauce Milk	19 Cereal Raisins Milk
22 Pancakes w/syrup Peaches Milk	23 Whole Wheat Toast w/cinnamon Apple Milk	24 Whole Wheat English Muffin Banana Milk	25 Raisin Toast Banana Milk	26 Whole Wheat Bagel w/cream cheese Orange Milk
29 Whole Wheat Waffles w/syrup Applesauce Milk	30 Whole Wheat Bagel w/cream cheese Orange Milk	31 Oatmeal Raisins Milk	1 Whole Wheat English Muffin Banana Milk	2 Pancakes w/syrup Peaches Milk

OCTOBER 2018 Lunch Menu *Harvest of the Month (HOM): PEARS*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken nuggets Vegetable Medley Sliced Apples Wheat bread	2 Breakfast Burrito Cherry Tomatoes Strawberries	3 Spaghetti w/meat sauce Lettuce Salad Peaches	4 Hot Dogs on a bun Homemade steak fries Fruit Cocktail	5 Ham & Cheese rollup Sliced Cucumber Watermelon
8 Chicken & Cheese Tacc Lettuce Tomato Apple Slices	9 Cheesy Italian Bake Spinach salad W/ cheese Baked Pears (HOM)	10 Meatball sandwich Green Beans Oranges	11 Beansies & Wienies buttered wheat bread Celery Sticks Fruit Cocktail	12 Turkey & Cheese on wheat Sugar Snap Peas Cantaloupe
15 Cheesy Garlic Pizza Bread Lettuce Salad w/ranch Pineapple	16 Blueberry muffin Cottage Cheese Fruit cocktail Celery/cucumber	17 Baked Fish Cabbage slaw Applesauce Rye Bread	18 Chicken Ranch Wrap with lettuce & cheese Banana Carrot sticks	19 Salami & Cheese on multi grain sand thins Pickles Strawberries
22 Loaded baked potato	23 Mac & Cheese	24 Breakfast sausage	25 Chili with	26 Chicken Salad

Ham & Cheese Mandarins Bread Sticks	Baked Beans Sweet Bell Peppers Grapes	sandwich Apple slice Broccoli	meat & beans Pear Slices (HOM) Oyster Crackers	on wheat Raw Broc & Caul Blueberries
Pasta Bake Red Grapes Lettuce Salad	Pizza Burgers Peas Pear slices (HOM)	Rice Stir fry vegetables Chicken Oranges	BBQ pulled pork on a bun Cole slaw Banana	Roast beef on wheat with Cheese Cantalope Raw Cauliflauer

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All lunches served with 1% milk

OCTOBER 2018 Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
String Cheese Milk	Apple Sauce Milk	Raisins or Craisins Milk	Plain Rice Cake with Sun Butter	Plain or Multi Grain Cheerios w/ Milk
Carrots & Celery w/hummus Milk	Orange Slices Milk	Cottage Cheese Juice	Cantaloupe Milk	Wheat Cracker w/ Guacamole Milk
Apple sauce Milk	Raisins or Craisins Milk	Plain Rice Cake with Sun Butter Water	Plain or Multi Grain Cheerios w/milk Water	Raisins or Craisins Milk
Sugar Snap Peas & Carrots w/hummus	Kiwi Milk	Grapes Milk	Rice Cracker cheese slice	Yogurt Juice
String Cheese Juice	Plain Rice Cake with Sun Butter Water	Plain or Multi Grain Cheerios w/milk Water	Raisins or Craisins Milk	Apple sauce Milk
Broccoli & Carrots w/ humus Milk	Pear Slices Milk	Rice Cracker w/Guacamole Milk	Bell Peppers & Carrots w/hummus Milk	Hard boiled egg Milk
Rice Cake with Sun Butter Milk	Plain or Multi Grain Cheerios w/Milk Water	Raisins or Craisins Milk	Apple sauce w/cinnamon Milk	String Cheese Juice
Yogurt Juice	Rice Cracker cheese slice Milk	Cuties Milk	Cucumber & Celery w/hummus Milk	Kiwi Milk
Apple sauce Milk	Raisins or Craisins Milk	Plain Rice Cake with Sun Butter Water	Plain or Multi Grain Cheerios w/milk Water	Raisins or Craisins Milk
Sugar Snap Peas & Carrots w/hummus	Apple Slices w/ Cinnamon Milk	Grapes Milk	Rice Cracker cheese slice	Yogurt Juice