## October 2019 FOOD MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Breakfast (7:00-8:30) Biscuit, Fruit, Jelly, Cheerios, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Vanilla Wafers Lunch (11:00-Onwards) Cheese pizza, peas, pears, Milk PM Snacks (3:00) Animal Crackers, Milk, Water, Club Crackers Supper (5:30) Cheese pizza, peas, Milk, Fruit	Breakfast (7:00-8:30) French Toast Sticks, Syrup, Cheerios, Fruit, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Black eyes peas, corn, brown rice, applesauce, Milk PM Snacks (3:00) Goldfish Crackers/Ritz Crackers, Milk, Water Supper (5:30) Black eyes peas, corn, brown rice, Milk, Fruit	Breakfast (7:00-8:30) Cheerios, Muffins, Fruit, Milk, Water AM Snacks: Suites 200 & 250 (9:15) Ritz Crackers Lunch (11:00-Onwards) Broccoli and chicken rice casserole, oranges, Milk PM Snacks (3:00) Cheeze-Itz/Graham Crackers, Milk, Water Supper (5:30) Broccoli and chicken rice casserole, Milk, Fruit	Breakfast (7:00-8:30) Pancakes, Syrup, Cheerios, Oranges, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Graham Crackers Lunch (11:00-Onwards) Turkey fingers, rice pilaf, northern beans, fruit cocktail, Milk PM Snacks (3:00) Vanilla Wafers, Milk Supper (5:30) Turkey fingers, rice pilaf, northern beans, Milk, Fruit
7	8	9	10	11
Breakfast (7:00-8:30) Corn Flakes, Apple Sauce, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Breakfast Bar Lunch (11:00-Onwards) Chicken nuggets, green beans, peaches, Milk PM Snacks (3:00) Honey grams, Milk, Water Supper (5:30) Chicken nuggets, green beans, Milk, Fruit	Breakfast (7:00-8:30) Biscuit, Jelly, Corn Flakes, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Vanilla Wafers Lunch (11:00-Onwards) Chicken marinara, black beans, pineapple, Milk PM Snacks (3:00) Animal Crackers, Milk, Water, Club Crackers Supper (5:30) Chicken marinara, black beans, Milk, Fruit	Breakfast (7:00-8:30) French Toast Sticks, Syrup, Corn Flakes, Bananas, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Red Beans, Rice Corn, Pears, Milk PM Snacks (3:00) Ritz Crackers, Milk, Water, Goldfish Crackers Supper (5:30) Red Beans, Rice Corn, Milk, Fruit	Breakfast (7:00-8:30) Corn Flakes, Muffins, Fruit, Milk, Water AM Snacks: Suites 200 & 250 (9:15) Ritz Crackers Lunch (11:00-Onwards) Chicken & gravy, Brown rice, peas, oranges, Milk PM Snacks (3:00) Cheeze-Itz/Graham Crackers, Milk, Water Supper (5:30) Chicken & gravy, Brown rice, peas, Milk, Fruit	Breakfast (7:00-8:30) Pancakes, Syrup, Corn Flakes, Oranges, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Graham Crackers Lunch (11:00-Onwards) Veggie chicken rice, fruit cocktail, milk PM Snacks (3:00) Vanilla Wafers, Milk, Water Supper (5:30) Veggie chicken rice, milk, Fruit
14	15	16	17	18
Breakfast (7:00-8:30) Cheerios, Apple Sauce, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Breakfast Bar Lunch (11:00-Onwards) Broccoli chicken noodle casserole, pineapple, Milk PM Snacks (3:00) Honey Grams, Milk, Water Supper (5:30) Broccoli chicken noodle casserole, Milk, Fruit	Breakfast (7:00-8:30) Biscuit, Jelly, Cheerios, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Vanilla Wafers Lunch (11:00-Onwards) Chicken Meatballs, Rice, Green Beans, Peaches, Milk PM Snacks (3:00) Animal Crackers, Milk, Water, Club Crackers Supper (5:30) Chicken meatballs, rice, green beans, Milk, Fruit	Breakfast (7:00-8:30) French Toast Sticks, Syrup, Cheerios, Fruit, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Cheese pizza, corn, pears Milk PM Snacks (3:00) Goldfish Crackers/Ritz Crackers, Milk, Water Supper (5:30) Cheese pizza, corn, Milk, Fruit	Breakfast (7:00-8:30) Cheerios, Muffins, Fruit, Milk, Water AM Snacks: Suites 200 & 250 (9:15) Ritz Crackers Lunch (11:00-Onwards) Whole grain spaghetti w/turkey meat sauce, carrots, oranges, Milk PM Snacks (3:00) Cheeze-Itz/Graham Crackers, Milk, Water Supper (5:30) Whole grain spaghetti w/turkey meat sauce, carrots, Milk, Fruit	Breakfast (7:00-8:30) Pancakes, Syrup, Cheerios, Oranges, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Graham Crackers Lunch (11:00-Onwards) Mexican chicken rice casserole (black beans, corn), applesauce, milk PM Snacks (3:00) Vanilla Wafers, Milk, Water Supper (5:30) Mexican chicken rice casserole (black beans, corn), milk, Fruit
21	22	23	24	25
Breakfast (7:00-8:30) Corn Flakes, Apple Sauce, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Breakfast Bar Lunch (11:00-Onwards) Veggie Baked Beans, Corn, Brown Rice, Pineapple, Milk PM Snacks (3:00) Honey Grams, Milk, Water Supper (5:30) Veggie Baked Beans, Corn, Brown Rice, Milk, Fruit	Breakfast (7:00-8:30) Biscuit, Fruit, Jelly, Corn Flakes, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Vanilla Wafers Lunch (11:00-Onwards) Chicken Nuggets, Green beans, Peaches, Milk PM Snacks (3:00) Animal Crackers, Milk, Water, Club Crackers Supper (5:30) Chicken Nuggets, Green beans, Milk, Fruit	Breakfast (7:00-8:30) French Toast Sticks, Syrup, Corn Flakes, Fruit, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Turkey Mac Deep Dish (pinto beans, corn), applesauce, Milk PM Snacks (3:00) Goldfish Crackers/Ritz Crackers, Milk, Water Supper (5:30) Turkey Mac Deep Dish, applesauce, Milk, Fruit	Breakfast (7:00-8:30) Corn Flakes, Muffins, Apple Sauce, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Ritz Crackers Lunch (11:00-Onwards) Veggie Chicken Rice, Oranges, Milk PM Snacks (3:00) Cheeze-Itz/Graham Crackers, Milk, Water Supper (5:30) Veggie Chicken Rice, Milk, Fruit	Breakfast (7:00-8:30) Pancakes, Syrup, Corn Flakes, Oranges, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Graham Crackers Lunch (11:00-Onwards) Nacho cheese, Pinto beans, chips, fruit cocktail, Milk PM Snacks (3:00) Vanilla Wafers, Milk, Water Supper (5:30) Nacho cheese, Pinto beans, chips, Milk, Fruit
28	29	30	31 Build at (7:00,0:20)	
Breakfast (7:00-8:30) Cheerios, Apple Sauce, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Breakfast Bar Lunch (11:00-Onwards) Mac & Cheese w/chicken, carrots, pineapple, Milk PM Snacks (3:00) Honey Grams, Milk, Water Supper (5:30) Mac & Cheese w/chicken, carrots, Milk, Fruit	Breakfast (7:00-8:30) Biscuit, Fruit, Jelly, Cheerios, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Vanilla Wafers Lunch (11:00-Onwards) Cheese pizza, peas, pears, Milk PM Snacks (3:00) Animal Crackers, Milk, Water, Club Crackers Supper (5:30) Cheese pizza, peas, Milk, Fruit	Breakfast (7:00-8:30) French Toast Sticks, Syrup, Cheerios, Fruit, Milk/Water AM Snacks: Suites 200 & 250 (9:15) Saltine Crackers Lunch (11:00-Onwards) Black eyes peas, corn, brown rice, applesauce, Milk PM Snacks (3:00) Goldfish Crackers/Ritz Crackers, Milk, Water Supper (5:30) Black eyes peas, corn, brown rice, Milk, Fruit	Breakfast (7:00-8:30) Cheerios, Muffins, Fruit, Milk, Water AM Snacks: Suites 200 & 250 (9:15) Ritz Crackers Lunch (11:00-Onwards) Broccoli and chicken rice casserole, oranges, Milk PM Snacks (3:00) Cheeze-Itz/Graham Crackers, Milk, Water Supper (5:30) Broccoli and chicken rice casserole, Milk, Fruit	