

HELLO OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
28 Spaghetti Meatsauce Oranges Milk	29 Salisbury Steak w/Gravy Mashed Potatoes, Bread Pineapples Milk	30 Chicken Sandwich Green Beans Applesauce Milk	1 Cheesy Beef & Noodles Corn Peaches Milk	2 Grilled Cheese Sandwich Chips, Pickles Pears Milk
5 Beef Ravioli Corn Oranges Milk	6 Hamburgers w/Bun French Fries Applesauce & Pickle Milk	7 Beef Soft Taco Pinto Beans Peaches Milk	8 Macaroni & Cheese Green Beans, Bread Pears Milk	9 Ham & Cheese Sand Chips Pineapples & Pickles Milk
12 Chicken Nuggets, Bread Mashed Potatoes Oranges Milk	13 Cheese Pizza Peas Peaches Milk	14 Chicken Fettuccine Green Beans Pineapples Milk	15 Noodles w/Meatballs Corn Applesauce Milk	16 Nachos with Cheese Ranch Beans Pears Milk
19 Spaghetti Meatsauce Oranges Milk	20 Salisbury Steak w/Gravy Mashed Potatoes, Bread Pineapples Milk	21 Chicken Sandwich Green Beans Applesauce Milk	22 Cheesy Beef & Noodles Corn Peaches Milk	23 Grilled Cheese Sandwich Chips, Pickles Pears Milk
26 Beef Ravioli Corn Oranges Milk	27 Hamburgers w/Bun French Fries Applesauce & Pickle Milk	28 Beef Soft Taco Pinto Beans Peaches Milk	29 Macaroni & Cheese Green Beans, Bread Pears Milk	30 Ham & Cheese Sand Chips Pineapples & Pickles Milk
Breakfast Fruit Muffins, Toast Mixed Fruit, Milk Snack Muffins & Milk	Breakfast Egg & Cheese Burrito Mixed Fruit & Milk Snack Bananas & Yogurt	Breakfast French Toast, Bread Bananas & Milk Snack Pretzels & Cheese	Breakfast Scrambled Eggs, Toast Mixed Fruit & Milk Snack Apples & Sunbutter	Breakfast Cereal, WGR Toast Mixed Fruit & Milk Snack WG Goldfish & Fruit Juice

**Milk, fresh fruit, & vegetables will be made available for children who bring their meals from home.