

PM Snack: Dirt Pudding

with Gummy Worms

Quesadillas, Peas,

Pineapples, & Milk

PM Snack: Halloween

Popcorn with Apples

2021 MENU

october

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Breakfast: Breakfast Bar, Banana, & Milk Lunch: Pizza Bagel, Applesauce, Corn, & Milk Vegetarian Option: Pizza Bagel, Applesauce, Corn, & Milk PM Snack: Trail Mix & Pineapple
4	5	6	7	8
Breakfast: Cereal, Peaches, & Milk Lunch: Italian Sub, Carrots, Strawberries, & Milk Vegetarian Option: Cheese Sub, Carrots, Strawberries, & Milk PM Snack: Cheese & Crackers	Breakfast: Pancakes, Applesauce, & Milk Lunch: Mac & Cheese with Ham, Salad, Bananas, & Milk Vegetarian Option: Mac & Cheese with Salad, Bananas, & Milk PM Snack: Pretzels & Hummus	Breakfast: Scrambled Eggs, Toast with Mixed Fruit & Milk Lunch: Chicken Nuggets, Peas, Oranges, & Milk Vegetarian Option: Vegetarian Nuggets, Peas, Oranges, & Milk PM Snack: Trail Mix & Mixed Fruit	Breakfast: Pumpkin Muffins, Pears, & Milk Lunch: Spaghetti & Meatballs, Salad, Applesauce, & Milk Vegetarian Option: Spaghetti, Salad, Applesauce, & Milk PM Snack: Graham Crackers & Soynut Butter	Breakfast: Yogurt with Granola, Strawberries, & Milk Lunch: Chicken& Noddle Soup, Grilled Cheese Sandwich, Corn, Bananas, & Milk Vegetarian Option: Grilled Cheese Sandwich, Corn, Bananas, & Milk PM Snack: Goldfish & Applesauce
11	12	13	14	15
Breakfast: Cereal, Pineapples, & Milk Lunch: Bacon, Lettuce, & Tomato Sandwich, Corn, & Oranges Vegetarian Option: Veggie Sandwich with Cheese, Corn, & Oranges PM Snack: Trail Mix & Apples	Breakfast: Pancakes, Applesauce, & Milk Lunch: Fish Sticks, Carrots, & Bananas, & Milk Vegetarian Option: Grilled Cheese, Carrots, Bananas, & Milk PM Snack: Pretzels & Mixed Fruit	Breakfast: Breakfast Bar, Bananas, & Milk Lunch: Chili, Soynut Butter & Jelly Sandwiches, Peaches, Peas, & Milk Vegetarian Option: Soynut Butter & Jelly Sandwiches, Peaches, Peas, & Milk PM Snack: Graham Crackers & Applesauce	Breakfast: French Toast, Applesauce, & Milk Lunch: Fish Sticks, Carrots, Bananas, & Milk Vegetarian Option: Grilled Cheese, Carrots, Bananas, & Milk PM Snack: Yogurt & Garnola	Breakfast: Muffins, Peaches, & Milk Lunch: Chicken Pot Pie, Salad, Apples, & Milk Vegetarian Option: Vegetable Pot Pie, Salad, Apples, & Milk PM Snack: Cheese and Crackers
18	19	20	21	22
Breakfast: Breakfast Bar, Banana, & Milk Lunch: Tomato Soup, Ham & Cheese Sandwich, Pears, & Milk Vegetarian Option: Tomato Soup, Cheese Sandwich, Pears, & Milk PM Snack: Jell-O with Mixed Fruit	Breakfast: Yogurt, Toast with Granola & Milk Lunch: Tacos with Rice, Pinto Beans and Pineapples Vegetarian Option: Cheese Quesadilla with Rice, Pinto Beans and Pineapples PM Snack: Cheese and Crackers	Breakfast: Scrambled Eggs, Toast with Mixed Fruit & Milk Lunch: Chicken Nuggets, Carrots, & Pineapples Vegetarian Option: Vegetarian Nuggets, Carrots, & Pineapples PM Snack: Trail Mix with Mixed Fruit	Breakfast: Pancakes, Applesauce, & Milk Lunch: Mac & Cheese with Ham, Salad, Bananas, & Milk Vegetarian Option: Mac & Cheese with Salad, Bananas, & Milk PM Snack: Pretzels & Hummus	Breakfast:, French Toast, Oranges, & Milk Lunch: BBQ Chicken Quesadillas, Corn, Applesauce, & Milk Vegetarian Option: Cheese Quesadillas, Corn, Applesauce, & Milk PM Snack: Cheese and Crackers
25	26	27	28	29
Breakfast: Cereal, Banana, & Milk Lunch: Mummy Pizza, Applesauce, Corn, & Milk Vegetarian Option: Mummy Pizza, Applesauce, Corn, & Milk	Breakfast: Pumpkin slices(Oranges), Scrambled Eggs, & Milk Lunch: Cookie Cutter Chicken Quesadillas, Peas, Pineapples, & Milk Vegetarian Option:	Breakfast: Pumpkin Muffins, Pears, & Milk Lunch: Spaghetti Brains & Meatball Eyes, Salad, Applesauce, & Milk Vegetarian Option: Spaghetti Brains, Salad, Applesauce & Milk	Breakfast: Green Goo Yogurt with Granola, Peaches, & Milk Lunch: Jack-O- Lantern Cheeseburgers, Fries & Pineapples Vegetarian Option: Tofu Cheeseburger with Fries & Pineapples	Breakfast: Breakfast bar, Banana, & Milk Lunch: Turkey & Cheese Snake Subs, Pears, & Carrots Vegetarian Option: Vegetable Snake Subs, Pears & Carrots

with Fries & Pineapples

Mix

PM Snack: Halloween Trail

Pears, & Carrots

Treat Monsters

PM Snack: Rice Crispy

Applesauce, & Milk

Marshmallows

PM Snack: Monster