

**MONDAY**

*We Serve milk with Breakfast & Lunch. Water with all Snacks.*

*We use whole wheat grains & Fresh produce wherever possible!*

**TUESDAY 1**

**Breakfast**  
Cereal & Fruit  
**Snack**  
Goldfish and Craisins  
**Lunch**  
Chicken Nuggets, Mashed Cauliflower, & Green Beans  
**Snack**  
Cheese & Crackers

**WEDNESDAY 2**

**Breakfast**  
Cinn. Toast & Peaches  
**Snack**  
Veggie Straws & Raisins  
**Lunch**  
Beenie Weenies (Beef Hot Dogs in Baked Beans), Peas & Fruit  
**Snack**  
Cheese Quesadillas with Sour Cream Dip

**THURSDAY 3**

**Breakfast**  
Biscuits W/Jelly, Fruit  
**Snack**  
Turkey Slices and Crackers  
**Lunch**  
Grilled Cheese, Soup, & Pineapples  
**Snack**  
Bananas & Yogurt


**FRIDAY 4**

**Breakfast**  
Waffles & Fruit  
**Snack**  
Grahams and Fruit  
**Lunch** BBQ Turkey Meatballs, Roasted Rainbow Potatoes & Melon  
**Snack**  
String Cheese & Crackers

**Breakfast 7**

Cereal and Craisins  
**Snack**  
Graham Crackers & Pumpkin Cream Cheese  
**Lunch**  
Turkey & Cheese Sandwiches, Veggie Soup & Fruit  
**Snack**  
Pepperoni and Crackers

**Taco Tuesday! 8**

**Breakfast**  
Hash browns & Bananas  
**Snack**  
Vanilla Yogurt with Cereal Topping  
**Lunch**  
Beef and Cheese Tacos, Corn, & Black beans  
**Snack**  
Chips and Salsa 

**Breakfast 9**

Bagel with Cream Cheese and Fruit  
**Snack**  
Pepperoni & Crackers  
**Lunch**  
Cheese Hamburger Pasta (Pasta, Beef & Cheese)  
**Snack**  
Muffins & Fruit

**Breakfast 10**

Orange Cranberry Oatmeal and Fruit  
**Snack**  
Cheesy Egg Patty  
**Lunch**  
Colorful Cheese Tortellini in Garlic Sauce, Mixed Vegetable & Wheat Roll  
**Snack**  
Ham Slices & Crackers

**Breakfast 11**

Biscuits with Jelly & Cinnamon Pears  
**Snack**  
Cheese and Crackers  
**Lunch**  
Chicken Teriyaki in Rice, Stir Fry Vegetables, Oranges  
**Snack**  
Pretzels & Hummus

**Breakfast 14**

Cereal & Fruit  
**Snack**  
Berry Bagel with Cream Cheese  
**Lunch**  
Ham and Cheese Sandwich, Seasoned Fries, and Peas  
**Snack**  
Cheese Cubes & Pretzels

**Breakfast 15**

Pancakes and Bananas  
**Snack**  
Yogurt Parfait W/Mixed Berries  
**Lunch**  
Spaghetti in Meat Sauce, Wheat Roll, & Broccoli  
**Snack**  
Trail Mix

**Breakfast 16**

Hash Browns and Fruit  
**Snack**  
Crackers & Orange Slices  
**Lunch**  
Fish Sticks, Garlic Mashed Potatoes & Fruit  
**Snack**  
Soft Pretzel and Cheese Dip

**Breakfast 17**

Waffles with Fruit  
**Snack**  
Ham Slices & Crackers  
**Lunch**  
Cheese Pizza, Mixed Veggies & Fruit  
**Snack**  
Hummus & Pretzels

**Breakfast 18**

Berry Cream of Wheat  
**Snack**  
Cheese Toast  
**Lunch**  
Chicken Corn Dogs, Sweet Potato Puffs & Fruit  
**Snack**  
Gold Fish & Orange Slices

**Breakfast 21**

Cereal & Fruit  
**Snack**  
Pretzels with Cream Cheese  
**Lunch**  
Chicken Nuggets, Tater-Tots & Broccoli  
**Snack**  
Cheese and Fruit


**Breakfast 22**

Bagel with Cream Cheese and Fruit  
**Snack**  
Graham Crackers & Strawberries  
**Lunch**  
Chicken In Yellow Rice, Corn Bread w/ Sweet Corn  
**Snack**  
Trail Mix

**Breakfast 23**

French Toast & Fruit  
**Snack**  
Jellied English Muffins  
**Lunch**  
Fall Chili (w/ Beef & Beans), Corn Bread (w/ Sweet Corn), Peas w/ Carrots  
**Snack**  
Baked Cinnamon Apples with Granola

**Breakfast 24**

Orange Cranberry Oatmeal  
**Snack**  
Crackers & Turkey Slices  
**Lunch**  
Superhero Bake (eggs, spinach, cheese), Hash Brown, & Orange Slices  
**Snack**  
Birthday Cake to Celebrate **October Birthdays** & Fruit 

**Breakfast 25**

Pancakes & Fruit  
**Snack**  
English Muffin with Cheese  
**Lunch**  
BBQ Beef Meatballs, Mashed Potatoes & Rainbow Veggies  
**Snack**  
Orange Slices & Popcorn

**Breakfast 28**

Cereal & Fruit  
**Snack**  
Cinnamon Toast & Apple sauce  
**Lunch**  
Chicken Parmesan, Zucchini & Mandarins  
**Snack**  
Yogurt with Cereal Topping

**Breakfast 29**

Biscuits & Honey Butter  
**Snack**  
Cheese Toast & Craisins  
**Lunch**  
Turkey & Cheese Sandwiches, Veggie Soup & Fruit  
**Snack**  
Pepperoni & Crackers

**Breakfast 30**

Cinnamon Oatmeal & Bananas  
**Snack**  
Graham Crackers & Pumpkin Cream Cheese  
**Lunch**  
Pepperoni Pizza, Broccoli, & Melon  
**Snack**  
Chips & Salsa

**Costume Parade Day! 31**

**Breakfast**  
Hash Browns and Fruit  
**Snack**  
Ham & Cheese Roll Up  
**Lunch**  
Mac N Cheese, Green Beans, & Pineapple  
**Snack**  
Pumpkin Bread & Apple Slices

