



**SCHUYLKILL HAVEN**

**OCTOBER**  
**WEDNESDAY**

**MONDAY**

**TUESDAY**

**THURSDAY**

**FRIDAY**

<b>2</b> Fruit Mini-Muffin Whole Grain Cereal Fruit or Juice Milk  Chicken Pattie Baked Beans Lettuce Tomato Cup Mashed Potatoes Applesauce Orange	<b>3</b> Egg & Cheese Omelet Fruit or Juice Milk  Chicken Nuggets Peas Celery Buttered Pasta Strawberry Cup Apple	<b>4</b> Bagel Yogurt Fruit or Juice Milk  Cheese Steak Corn French Fries Peaches Banana	<b>5</b> Mini-Waffles Fruit or Juice Milk  Lasagna Romaine Salad Grape Tomatoes Fruit Sherbet Pears	<b>6</b> Breakfast Grabbers Fresh Fruit Milk  Pizza Wedge Summer Blend Vegetables Baby Carrots Pineapples Grapes
<b>9</b> <b>PROFESSIONAL</b>	<b>10</b> Pancakes Fruit or Juice Milk  Pasta w/Meatsauce Garbanzo Beans Romaine Salad Dinner Roll Clementine	<b>11</b> Pop Tart Whole Grain Cereal Fruit or Juice Milk  Pop-Corn Chicken Peas Rice Cucumber Slices Grapes	<b>12</b> Nutri-Grain Bar Fruit or Juice Milk  Ham & Cheese Sub Sun Chips Carrots Mandrian Oranges	<b>13</b> Breakfast Grabbers Fresh Fruit Milk  Toasted Cheese Celery w/Dip Tomato Soup Banana
<b>16</b> Oatmeal Bar Yogurt Fruit or Juice Milk  Cheese Burger Potato Fries Lettuce Tomato Cup Apple Slices	<b>17</b> Fruit-Filled Pancakes Fruit or Juice Milk  Chicken Stew Bread Stick Cucumber Slices Peach Cup	<b>18</b> French Toast Sticks Fruit or Juice Milk  Hot Pocket Romaine Salad Grape Tomatoes Pears	<b>19</b> Graham Crackers Yogurt Fruit or Juice Milk  Taco in A Bag Salsa – Cheese Soft Pretzel Lettuce Tomato Cup Grapes	<b>20</b> Breakfast Grabbers Fresh Fruit Milk  Mac & Cheese Summer Blend Vegetables Stewed Tomatoes Pineapples
<b>23</b> Bagel & Yogurt Fruit or Juice Milk  Chicken Strips Buttered Pasta Winter Blend Vegetables Peaches	<b>24</b> Chocolate Chip Waffle Fruit or Juice Milk  Hot Ham & Cheese Potato Tots Celery & Carrots w/Dip Banana	<b>25</b> Whole Grain Cereal Mini Muffin Fruit or Juice Milk  Beef Ravioli w/Muffin String Cheese Romaine Salad Mandarin Oranges	<b>26</b> Breakfast Pizza Fruit or Juice Milk  Beef BBQ on a Roll Hash Brown Fresh Vegetables Fresh Fruits	<b>27</b> Breakfast Grabbers Fresh Fruit Milk  Personal Pan Pizza Green Beans Romaine Salad Tropical Fruit
<b>30</b> Fruit Mini-Muffin Whole Grain Cereal Fruit or Juice Milk  Chicken Pattie Baked Beans Lettuce Tomato Cup Mashed Potatoes	<b>31</b> Egg & Cheese Omelet Fruit or Juice Milk  Chicken Nuggets Peas Celery Buttered Pasta Strawberry Cup			