



FOUNTAIN SPRINGS, SHENANDOAH, & TAMAQUA

Monday	Tuesday	Wednesday	Thursday	Friday
October 2, 2017	October 3, 2017	October 4, 2017	October 5, 2017	October 6, 2017
Cheerios Apple Juice <b>Baked Chicken Nuggets</b> <b>Golden Potato Rounds</b> <b>Pear Cup</b> Graham Crackers Mixed Fruit Cup	Beef Sausage on a Biscuit Peach Cup <b>Cheese Pizza</b> <b>Broccoli</b> <b>Mixed Fruit Cup</b> Chocolate Chip Mini Loaf Grape Juice	Frosted Mini Wheats Fresh Fruit <b>Taco Scoops</b> <b>Soft Tortilla Salsa Cup</b> <b>Pineapple Cup</b> Tortilla Chips Orange Juice	Maple Pancakes Fresh Fruit <b>Crispy Chicken Fillet on a Bun</b> <b>Diced Carrots</b> <b>Fresh Fruit</b> Mozzarella Cheese Stick Crackers	Blueberry Muffin Fresh Fruit <b>Mini Cheese Ravioli w/Sauce</b> <b>Mixed Vegetables</b> <b>Fresh Fruit</b> Pretzels Blended Fruit Juice
October 9, 2017	October 10, 2017	October 11, 2017	October 12, 2017	October 13, 2017
<b>PROFESSIONAL DEVELOPMENT DAY</b>  <b>ALL CENTERS CLOSED</b>	Cinnamon Toast Crunch Grape Juice <b>Macaroni &amp; Cheese</b> <b>Green Beans</b> <b>Pineapple Cup</b> Multi Grain Sun Chips Apple Juice	Banana Muffin Fresh Fruit <b>Sweet &amp; Sour Meatballs</b> <b>Brown Rice Broccoli</b> <b>Fresh Fruit</b> Cheddar Goldfish Crackers Mixed Fruit Cup	Chicken Biscuit Fresh Fruit <b>Cheesy Potato Broccoli Bake</b> <b>Fresh Fruit</b> <b>Wheat Bread Margarine</b> Animal Grahams Blended Fruit Juice	Rice Krispies Fresh Fruit <b>Hamburger on a Bun</b> <b>Baked Beans</b> <b>Mixed Fruit Cup</b> Mozzarella Cheese Stick Crackers
October 16, 2017	October 17, 2017	October 18, 2017	October 19, 2017	October 20, 2017
Mini Wheats Little Bites Orange Juice <b>Crispy Chicken Tenders</b> <b>Whole Kernel Corn</b> <b>Applesauce</b> Strawberry Yogurt Peach Cup	Turkey Ham & Cheese on an English Muffin Pear Cup <b>Meatball Sub on a Bun</b> <b>Cut Green Beans</b> <b>Pineapple Cup</b> Chocolate Chip Mini Loaf Apple Juice	Cheerios Fresh Fruit <b>Santa Fe Chicken</b> <b>Diced Carrots</b> <b>Peach Cup</b> <b>Tortilla Chips</b> Mozzarella Cheese Stick Crackers	French Toast Sticks Fresh Fruit <b>Salisbury Steak w/Gravy</b> <b>Spiral Noodles</b> <b>Romaine Salad</b> <b>Fresh Fruit</b> Graham Crackers Blended Fruit Juice	Blueberry Muffin Fresh Fruit <b>3 Cheese Panini</b> <b>Golden Potato Rounds</b> <b>Fresh Fruit</b> Cheddar Sun Chips Grape Juice
October 23, 2017	October 24, 2017	October 25, 2017	October 26, 2017	October 27, 2017
Rice Krispies Blended Fruit Juice <b>Pizza Dippers</b> <b>Marinara Dipping Sauce</b> <b>Mixed Vegetables</b> <b>Peach Cup</b> Cheddar Goldfish Crackers Mixed Fruit Cup	Pancakes Cinnamon Applesauce <b>Turkey &amp; Gravy</b> <b>Mashed Potatoes</b> <b>Mixed Fruit Cup</b> <b>Wheat Bread</b> <b>Margarine</b> Animal Grahams Grape Juice	Tropical Mini Loaf Fresh Fruit <b>Ranch Turkey Burger on a Bun</b> <b>Baked Beans</b> <b>Fresh Fruit</b> Corn Muffin Orange Juice	Chicken Biscuit Fresh Fruit <b>Chicken Parmesan</b> <b>Romaine Salad</b> <b>Applesauce</b> Mozzarella Cheese Stick Cracker	Cinnamon Flakes Fresh Fruit <b>Rotini Pasta Bake w/Meat Sauce</b> <b>Cut Green Beans</b> <b>Fresh Fruit</b> Tortilla Chips Blended Fruit Juice
October 30, 2017	October 31, 2017			
Cheerios Apple Juice <b>Baked Chicken Nuggets</b> <b>Golden Potato Rounds</b> <b>Pear Cup</b> Graham Crackers Peach Cup	Beef Sausage on a Biscuit Peach Cup <b>Cheese Pizza</b> <b>Broccoli</b> <b>Pineapple Cup</b> Chocolate Chip Mini Loaf Grape Juice			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*