



OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fruit or Juice WG Strawberry Pancakes Milk Chicken Patty on WG Bun Diced Carrots Pears Milk WG Graham Bites Milk	2 Fruit or Juice WG French Toast Sticks Syrup Milk WG Soft Beef Taco Shred Lett & Tomatoes Mandarin Oranges Milk WG Nutrigran Bar Milk	3 Fruit or Juice WG Apple Frudel Go-Gurt Milk BBQ Pulled Pork on WG Bun Mixed Vegetables Peaches Milk WG Mini Pancakes Milk	4 Fruit or Juice WG Assorted Cereal Banana WG Cheese Pizza Broccoli Fruit Cocktail Milk WG Cheerios Cereal Milk
7 Fruit or Juice WG Blueberry Waffles Milk WG General T'SO Chicken Rice Broccoli Applesauce Cup Milk WG Apple Frudel Milk	8 Fruit or Juice WG Breakfast Pizza Milk Beefaroni WG Dinner Roll Green Beans Grape Juice Milk WG Pretzel Goldfish Milk	9 Fruit or Juice WG Cinn Raisin Bagel Cream Cheese Milk WG Chicken Tenders Buttered Noodles Corn Apple Wedges Milk WG Mini Waffles Milk	10 Fruit or Juice WG Maple Pancakes Milk Salisbury Steak w/Gravy Mashed Potatoes WG Dinner Roll Carrots Mixed Fruit Milk WG Bug Bite Graham Milk	11 Fruit or Juice WG Assorted Cereal Banana WG Grilled Cheese Mixed Vegetables Pineapples Milk WG Animal Crackers Milk
14  PROGRAM CLOSED	15 Fruit or Juice WG Breakfast Break Banana Milk WG Cheesesteak Hoagie Green Beans Mandarin Oranges Milk WG Cheerios Cereal Milk	16 Fruit or Juice Strawberry Cream Cheese Stuffed WG Bagel Milk WG French Toast Sausage Patty Hash Browns Mixed Fruit Milk WG Mini Muffin Milk	17 Fruit or Juice WG Cinn-Mnnis Milk Ziti w/Meat Sauce WG Dinner Roll Mixed Vegetables Pears Milk WG Apple Oatmeal Bar Milk	18 Fruit or Juice WG Breakfast Combo Milk WG Stromboli Shred Salad w/Dressing Mandarin Oranges Milk WG Cheez It Crackers Milk
21 Fruit or Juice WG Assorted Cereal Banana Milk BBQ Chicken Breast WG Roll Broccoli Peaches Milk WG Scooby Doo Bites Milk	22 Fruit or Juice WG Breakfast Bun Milk Cheesburger on WG Bun Carrots Applesauce Milk WG Graham Crackers Milk	23 Fruit or Juice WG Blueberry Pancakes Milk Popcorn Chicken Mashed Potatoes w/Gravy Corn Dinner Roll Fruit Cocktail Milk WG Goldfish Crackers Milk	24 Fruit or Juice WG Breakfast Sandwich (Sausage, Egg, Cheese) Milk WG Meatball Hoagie Green Beans Pineapple Chunks Milk WG Cereal Bar Milk	25 Fruit or Juice WG Bagel w/Cream Cheese Milk WG French Bread Pizza Mixed Vegetables Banana Milk WG Apple Frudel Milk
28 Fruit or Juice WG Breakfast Pizza Milk Hot Ham & Cheese WG Pretzel Roll Green Beans Applesauce Milk WG Animal Crackers Milk	29 Fruit or Juice WG French Toast w/Syrup Milk WG Chicken Nuggets Rice Broccoli Mandarin Oranges Milk WG Goldfish Crackers Milk	30 Fruit or Juice WG Breakfast Combo Milk WG Hot Turkey Sandwich Mashed Potatoes Corn Applesauce Milk WG Cereal Bar Milk	31 Fruit or Juice Cheese Omelet WG English Muffin Milk Rib Patty on WG Bun Diced Potatoes Peas Blueberries Milk WG Nutrigrain Bar Milk	

All meals are served with 1% unflavored milk; juice is 100% pasteurized; yogurt contains no more than 23 grams of sugar per 6 ounce serving; cereal contains no more than 6 grams of sugar per dry ounce.

Menu Subject to Change