



OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 30	1	2	3	4
Waffle wg Fresh Fruit or Juice Meatballs w/Roll wg Baked Chips wg Pickles Apple Slices	Pacakes wg Fresh Fruit or Juice Pop Corn Chicken wg Corn - Potatoes Peach Cup	Whole Grain Cereal Fresh Fruit or Juice Turkey&Cheese wg Baked Beans French Fries Pineapples	Bagel & Yogurt wg Fresh Fruit or Juice Ch. Burger wg Lettuce - Tomatoes Potato Rounds Peach	Breakfast Grabber Fresh Fruit Pizza wg Salad Fresh Veggie Choice Strawberries
7	8	9	10	11
Mini Muffin wg Fresh Fruit or Juice Ch. Steak wg Potato Rounds Vegetable Choice Mixed Fruit	Yogurt Muffin wg Fresh Fruit or Juice Pasta w/Meat Sauce wg Salad Pears	Egg Omelet English Muffin wg Fresh Fruit or Juice Pop-Corn Chicken wg Potatoes - Corn Applesauce	French Toast Sticks wg Fresh Fruit or Juice TurkeySub wg Pickles Sun Chips wg Cucumbers Mandarin Oranges	Breakfast Grabber Fresh Fruit Toasted Cheese wg Soup Fresh Fruit & Veggies
14	15	16	17	18
 Teachers Professional Development Day PROGRAM CLOSED	Chex wg Fresh Fruit or Juice Chicken Pattie wg French Fries Cucumbers Orange Slices	Pancakes wg Fresh Fruit or Juice Egg/Cheese on Croissant Hash Brown Juice Cup Banana	Waffles wg Fresh Fruit or Juice Chicken Fajita wg Lettuce-Tomatoes Cheese-Salsa Soft Pretzel wg Pineapples	Cherrios wg Fresh Fruit Rice Krispies wg Stewed Tomatoes Sherbet Cup Apple Slice
21	22	23	24	25
Muffin wg Yogurt Fresh Fruit or Juice Cheese Burger wg Lettuce Tomato Cup Potato Fries Apple Slices	Pancakes wg Fresh Fruit or Juice Beef Ravioli Salad Peaches	Breakfast Pizza wg Fresh Fruit or Juice Hot Pockets wg Potato Fries Green Beans Celery w/Peanut Butter Pears	Bagel/Spread wg Fresh Fruit or Juice Taco in a Bag wg Lettuce-Tomatoes Cheese-Salsa Soft Pretzel wg Banana	Mini Wheat wg Fresh Fruit Pizza W edge wg Summer Blend Vegetables Cucumbers Pineapples
28	29	30	31	
Waffles wg Fresh Fruit or Juice Chicken Strips wg Mashed Potatoes Corn Peaches	Whole Grain Cereal Fresh Fruit or Juice Hot Ham & Cheese wg Potato Rounds Fresh Fruit Choice	Scrambled Eggs/Muffin wg Fruit or Juice Chicken Penne W/Broccoli Salad Pears	Apple Frusel wg Fruit or Juice Meatball Sandwich wg Potato Fries Fresh Vegetables Apple Sauce	

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