



FOUNTAIN SPRINGS



OCTOBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			WG Waffles w/Syrup Juice/Milk WG Baked Cheese Pizza WG Tortilla Chips Mixed Vegetables Choice of Fruit TBA Pineapples	WG Assorted Cereal Juice/Milk WG Cheesy Breadsticks Dipping Sauce Garden Salad Choice of Fruit WG Cheddar Goldfish Crackers Applesauce
5	6	7	8	9
WG Assorted Cereal Juice/Milk WG Chicken Patty Mashed Potatoes Steamed Corn Choice of Fruit WG Cheez-It Crackers Apple Wedges	WG Pancakes w/Syrup Juice/Milk Taco Tuesday WG Chips,Cheese,Salsa WG Brown Rice Refried Beans Choice of Fruit String Cheese Peach Yogurt	Yogurt/WG Mini Loaf Juice/Milk WG Buttered Pierogis WG Roll String Cheese Steamed Carrots Choice of Fruit WG Blueberry Muffin Mandarin Oranges	Egg & Cheese Sandwich Juice/Milk Beef Cheesesteak WG Roll French Fries Steamed Broccoli Choice of Fruit WG Animal Cookies Diced Pears	WG Assorted Cereal Juice/Milk WG Mac & Cheese WG Breaded Chicken Stewed Tomatoes Choice of Fruit WG Pretzel Goldfish Crackers Mixed Fruit
12	13	14	15	16
	WG French Toast Sticks Juice/Milk Meatballs in Sauce WG Buttered Pasta Steamed Corn Choice of Fruit WG Mini Apple Cin Loaf Peaches	Yogurt/Granola Juice/Milk WG Cheesy Breadsticks Dipping Sauce Garden Salad Steamed Broccoli Choice of Fruit TBA Pineapples	WG Dutch Waffle Juice/Milk Hamburger on WG Bun French Fries Mixed Vegetables Choice of Fruit String Cheese Strawberry Banana Yogurt	WG Assorted Cereal Juice/Milk WG Chicken Taco WG Brown Rice Cheese & Salsa Refried Beans Choice of Fruit WG Lg. Goldfish Pretzel Crackers Applesauce
	ALL CENTERS CLOSED			
19	20	21	22	23
WG Assorted Cereal Juice/Milk WG Breaded Chicken WG Buttered Pasta Steamed Broccoli Choice of Fruit WG Cheez-it Crackers Apple Wedges	WG Waffles w/Syrup Juice/Milk Ham & Cheese WG Pretzel Roll WG Tortilla Chips Steamed Peas Choice of Fruit String Cheese Strawberry Banana Yogurt	Yogurt/WG Mini Loaf Juice/Milk WG Pasta w/Meatballs Shred Cheese WG Roll Steamed Carrots Choice of Fruit TBA Peaches	WG Pancakes w/Syrup Juice/Milk Chicken Patty on WG Bun Baby Cake Potatoes Green Beans Choice of Fruit WG Blueberry Muffin Pineapples	WG Assorted Cereal Juice/Milk WG Cheesy Breadsticks Dipping Sauce Kidney Beans Choice of Fruit WG Graham Crackers Applesauce
26	27	28	29	30
WG Assorted Cereal Juice/Milk WG Chicken Finger Wrap WG Brown Rice Steamed Corn Choice of Fruit WG Lg. Goldfish Graham Crackers Banana	WG Waffles w/Syrup Juice/Milk Taco Tuesday w/WG Chips Cheese & Shred Lett Green Beans Choice of Fruit Mini Apple Cin Loaf Mandarin Oranges	Yogurt/Granola Juice/Milk WG Fish Shapes French Fries Steamed Broccoli Choice of Fruit WG Animal Cookies Diced Pears	WG Pancakes w/Syrup Juice/Milk WG Beef-A-Roni Shredded Cheese WG Roll Steamed Carrots Choice of Fruit String Cheese Raspberry Yogurt	 ALL CENTERS CLOSED

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