



MAHANoy CITY



OCTOBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Fruit or Juice WG Breakfast Burrito Milk WG Chicken Nuggets Rice Broccoli Peaches Milk WG Apple Frudel Milk	2 Fruit or Juice WG Breakfast Pizza Milk WG Pierogies Mixed Vegetables Pears Milk WG Cheerios Cereal Milk
5 Fruit or Juice Strawberry Cream Cheese WG Bagel Milk Beef Taco WG Tostitos Let, Tom, Cheese, Salsa Fruit Salad Milk WG Nutrigrain Bar Milk	6 Fruit or Juice WG Breakfast Sandwich Milk Chicken Patty on WG Bun Sliced Potatoes Baked Beans Apple Slices Milk WG Pretzel Goldfish Crackers Milk	7 Fruit or Juice WG Maple Waffles Milk WG Popcorn Chicken Mashed Potatoes Corn Applesauce Cup Milk WG Mini Waffles Milk	8 Fruit or Juice WG Breakfast Combo Milk WG Cheesesteak Hoagie Green Beans Fruit Cocktail Milk WG Graham Crackers Milk	9 Fruit or Juice WG Assorted Cereal Milk WG Cheese Pizza Shred Salad w/Dressing Applesauce Milk WG Animal Crackers Milk
12  PROGRAM CLOSED	13 Fruit or Juice WG Blueberry Waffles Milk WG Sloppy Joe Carrot Coins Peaches Milk WG Mini Pancakes Milk	14 Fruit or Juice WG Cinn Raisin Bagel Milk Chicken Parmesan Green Beans Pears Milk WG Pumpkin Bread Slice Milk	15 Fruit or Juice WG Pumpkin Bread Slice Milk Cheeseburger on WG Bun Mixed Vegetables Fruit Salad Milk Strawberry Cream Cheese WG Bagel Milk	16 Fruit or Juice WG French Toast Sticks Milk WG Grilled Cheese Peas & Carrots Applesauce Milk WG Mini Muffin Milk
19 Fruit or Juice WG Apple Frudel Milk WG General T'SO Chicken Broccoli Mandarin Oranges Milk WG French Toast Sticks Milk	20 Fruit or Juice WG Breakfast Funnel Cake Milk Salisbury Steak w/Gravy Mashed Potatoes WG Dinner Roll Corn Pineapples Milk WG Nutrigrain Bar Milk	21 Fruit or Juice Egg & Cheese on a WG Croissant Milk Hot Ham & Cheese WG Pretzel Roll Green Beans Pears Milk WG Rice Krispies Cereal Milk	22 Fruit or Juice WG Breakfast Pizza Milk WG Chicken Tenders Bowtie Noodles Mixed Vegetables Peaches Milk WG Animal Crackers Milk	23 Fruit or Juice WG Assorted Cereal Milk WG French Bread Pizza Shred Salad w/Dressing Applesauce Cup Milk WG Goldfish Crackers Milk
26 Fruit or Juice WG Breakfast Combo Milk WG Cinn French Toast Sausage Patty Hashbrown Mandrain Oranges Milk WG Cheerios Cereal Milk	27 Fruit or Juice WG Breakfast Bun Milk Meatballs w/Sauce WG Garlic Breadstick Green Beans Applesauce Cup Milk WG Cocoa Bread Slice Milk	28 Fruit or Juice WG Choc Chip Pancakes Milk WG Pork Chopette Mashed Potatoes Corn Mandrain Oranges Milk WG Cheez-It Crackers Milk	29 Fruit or Juice Egg, Sausage, Cheese WG English Muffin Milk Chicken Fajita WG Soft Shell Mixed Vegetables Applesauce Milk WG Rice Krispie Cereal Milk	30  PROGRAM 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