

October Menu

1% milk served to children 2 and up
Whole milk served to children age 1



Breakfast: 8:00am
Lunch: 11:30-12:30pm
Snack: 2:30-3:30pm
WG-whole grain
HM- homemade

| Mon. | Tues. | Wed. | Thurs. | Fri. |
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| 1 Review Week Br: Biscuits, banana, milk Lu: Turkey sloppy joes, bun WG , wax beans, apple slices, milk Sn: cheese quesadilla WG , salsa, water | 2 Br: Banana muffins HM , grapes, milk Lu: Fish Sticks, roll WG , sweet potato fries, pine-apple, milk Sn: graham crackers, milk | 3 Br: Cheerios WG , apple sauce, milk Lu: chicken taco WG , black beans, corn, peaches, milk Sn: animal crackers, yogurt , water | 4 Br: Cinnamon bagel, pears, milk Lu: hotdog, bread WG , peas, mandarins, milk Sn: apple juice, pretzels | 5 Br: Turkey sausage, apricots, toast WG , milk Lu: Macaroni and Cheese WG , green beans, fruit salad, milk Sn: Goldfish WG , banana, water |
| 8 Letter N Br: Raisin Bread, peaches, milk Lu: Orange Chicken WG , brown rice, green beans, grapes, milk Sn: Ham, cheese and crackers Lunchable HM | 9 Br: Croissants, cantaloupe, milk Lu: Ziti WG and turkey meat sauce, corn, pears, milk Sn: pretzels, cheese stick | 10 Br: Pancake WG , pears, milk Lu: Chicken Mini Corn dog WG , carrots, pineapples, milk Sn: animal cracker, apple sauce | 11 Br: Chex WG , apple slices, milk Lu: Grilled cheese HM/ WG , tomato soup, peaches, milk Sn: Goldfish WG , white grape juice | 12 Sn: Blueberry muffins HM , fruit salad, milk Lu: Bbq meatballs, roll WG , wax beans, banana, milk Sn: graham crackers, milk |
| 15 Letter W Br: French toast, banana, milk Lu: Breaded pork chop WG , roll, sweet potatoes, pears, milk Sn: Cheese pizza bagel WG/HM | 16 Br: Rice cake WG , mandarins, milk Lu: Lemon butter tilapia, brown rice WG , corn, peaches, milk Sn: Goldfish WG , apple slices | 17 Br: Biscuits, jelly, apricots, milk Lu: Beef nachos WG , green beans, pineapple, milk Sn: Grapes, Pretzels | 18 Br: Cheerios WG , pears, milk Lu: Scrambled eggs, toast WG , hash brown, mandarins, milk Sn: Naan, carrot sticks | 19 Br: Bagel WG , Clementine, milk Lu: Turkey sausage pizza WG , tossed salad, fruit salad, milk Sn: Wheat thins WG , cheese stick |
| 22 Letter R Br: Chex WG , mandarin oranges, milk Lu: Chicken nuggets WG , peas, pineapple, milk Sn: cataloupe, Ritz crackers | 23 Br: Raisin bread, peaches, milk Lu: Hamburger/buns WG , fries, apples, milk Sn: Yogurt and mixed fruit smoothie | 24 Br: blueberry pancake wrap WG , pears, milk Lu: Chicken quesadilla WG , corn, peaches, milk Sn: grapes, cheese cubes | 25 Fall Playdate  Br: Naan, mandarins, milk Lu: Turkey pepperoni pizza WG , green beans, apricots, milk Sn: graham cracker owls, milk | 26 Br: Toast WG , mango, milk Lu: Beef Ravioli, roll, mixed veggies, fruit salad, milk Sn: Pretzels, apple juice |
| 29 Harvest/Dress Up Br: Blueberry bagel, milk Lu: Bbq pulled chicken, roll WG , green beans, peaches, milk Sn: animal crackers, milk | 30 Br: Croissants, grapes, milk Lu: Chicken mini corn dogs WG , peas, pears, milk Sn: pumpkin spice muffins, apple cider | 31 Br: Turkey sausage, apricots, toast WG , milk Lu: chicken alfredo pasta WG , carrots, apple slices. milk Sn: tortilla chips, cheese stick | | |