



October Menu



	MON	TUE	WED	THU	FRI
WEEK 1	<p>B: WG French toast with bananas and milk. AM: Ritz and cheese L: WG ham sandwich with cucumber, pineapple and milk PM: Goldfish and cheese</p>	<p>B: Cereal with milk, orange juice and peaches. AM: Carrots and Cheese L: Chicken quesadillas with corn, pears and milk PM: Cheese and pepperoni</p>	<p>B: Toasted Bagels with cream cheese and pineapple and milk AM: Fresh fruit and yogurt L: BBQ chicken with WG bread, corn, pears and milk PM: Pretzels and apples</p>	<p>B: Pancakes with applesauce and milk AM: String cheese and animal crackers L: Hamburger with WG bread, peas, mixed fruit and milk PM: Cheesy bread</p>	<p>B: WG sun butter toast with apples and milk AM: Graham crackers and yogurt L: Grilled Cheese with tomato soup, pears and milk PM: Hard boiled eggs and pretzels</p>
WEEK 2	<p>B: Cereal, apples and milk AM: Fresh fruit and string cheese L: Italian chicken with WG rice, green beans, pears and milk PM: Cheesy bread</p>	<p>B: Waffles with peaches and milk AM: Sun butter and apples L: Pepperoni quesadillas with green beans, pears and milk PM: Corn chips and salsa</p>	<p>B: WG toast with yogurt, bananas and milk AM: Carrots and cheese L: Hotdogs with WG bread, carrots, pears and milk PM: Cheese and crackers</p>	<p>B: Pancakes with applesauce and milk AM: Fresh fruit and yogurt L: WG sun butter and jelly sandwich with fresh apples, celery and milk PM: Cheese and pretzels</p>	<p>B: Sausage biscuits and pineapple with milk AM: Pepperoni and cheese L: Chicken noodle soup with mixed vegetables, peaches and milk PM: Cheesy bread</p>
WEEK 3	<p>B: WG French toast with bananas and milk AM: Crackers and cheese L: Beef tacos with tortilla or tortilla chips, baked beans, pineapple and milk PM: Carrots and sun butter</p>	<p>B: Toasted bagels with pears and milk AM: Fresh fruit and crackers L: WG turkey sandwiches with cucumbers, fresh oranges, milk and a special treat PM: Cheese and pepperoni</p>	<p>B: WG toast and yogurt with peaches and milk AM: Berry Muffins and fresh fruit L: Chicken noodle soup with mixed vegetables, applesauce and milk PM: Hard boiled eggs and crackers</p>	<p>B: Sausage egg wraps with apples and milk AM: Carrots and crackers L: Cheeseburgers on WG bread with carrot sticks, fruit salad and milk PM: Cheese and crackers</p>	<p>B: Mini pancakes with apple sauce and milk AM: Cheese and fresh fruit L: Mushroom chicken over WG rice with green beans, peaches and milk PM: Corn chips and salsa</p>
WEEK 4	<p>B: Sausage, biscuits and mixed fruit with milk AM: Fresh fruit and crackers L: Chicken nuggets with mashed potatoes, WG bread, Mandarin oranges and milk PM: Cheese and pepperoni</p>	<p>B: Banana bread with pears and milk AM: Yogurt and crackers L: WG tuna melts with fresh apples, carrots and milk PM: Cheese and pretzels</p>	<p>B: Eggs with WG toast with pears and milk AM: pepperoni and cheese L: Italian chicken with WG rice, green beans, pears and milk PM: Fresh fruit and corn chips</p>	<p>B: Waffles with peaches and milk AM: cheese and crackers L: Meatball subs on WG rolls with peas and pineapple and milk PM: Cheesy bread</p>	<p>B: WG Sun butter toast with bananas and milk AM: String cheese and crackers L: Beef stroganoff with WG bread, broccoli, fresh apples and milk PM: Carrot sticks and sun butter</p>
WEEK 5	<p>B: WG toast and yogurt with bananas and milk AM: Cheese and crackers L: Hamburgers on WG rolls with baked beans, pineapple and milk PM: Fresh fruit and cheese</p>	<p>B: WG cereal with bananas and milk AM: Cheesy bread L: Breakfast for lunch, WG french toast, sausage, hash browns and fruit salad with milk PM: Hard boiled eggs and crackers</p>	<p>B: Toasted bagels with mandarin oranges and milk AM: Fresh fruit and crackers L: Chicken parm with WG butter noodles, peas, applesauce and milk PM: Cheese and pepperoni</p>	<p>B: Blueberry pancakes with peaches and milk AM: carrots sticks and cheese L: Pizza Party, with veggie trays, fruit trays and milk with special treats PM: Sun butter and apples</p>	<p>B: Pancakes with milk and pears AM: carrots and sun butter L: Meatballs with WG garlic butter noodle, green beans, peaches with milk PM: Cheese and crackers</p>

WHOLE MILK FOR CHILDREN 2YRS AND YOUNGER OR 1% MILK FOR CHILDREN 2YRS AND UP ARE SERVED AT BREAKFAST AND LUNCH

AT LEAST 1 MEAL PER DAY WILL CONTAIN A 100% WHOLE GRAIN (WG)

CEREAL INCLUDES KIX, CORN FLAKES, CHEX, CHEERIOS. **CRACKERS** INCLUDE GOLDFISH, RITZ, ANIMAL CRACKERS, SALTINES, CLUB CRACKERS