

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Oatmeal & Raisins	English Muffin With Sun Butter*	Bagels, Cream Cheese & Milk	Yogurt & Berries	Muffin & Milk
Chicken Burgers Green Beans Melon Milk	Pizza Quesadilla Mixed Veggies Apples Milk	Goulash Broccoli H2O Melon Milk	Black Bean & Cheese Burrito Corn Oranges Milk	Turkey Sandwich Carrots Bananas Milk
Cheese & Whole Grain Crackers	Hummus*, Cucumbers & Milks	Goldfish & Milk	Apples, Sun Butter & Milk	Berries & Whole Grain Crackers
8	9	10	11	12
Buttered Toast & Milk	Bagels & Milk	Banana Bread & Milk	Waffles & Applesauce	Cornbread & Milk
Cheese Ravioli Peas & Carrots Apples Milk	Chicken Nuggets Green Beans Pears Milk	Sloppy Joe's Mixed Veggies Oranges Milk	Spaghetti Broccoli Garlic Bread String Cheese Apple Sauce Milk	Grilled Cheese Sandwich Carrots Apples Milk
Melon & Cheese	Apples & Milk	Wheat Thins & Cheese	Bananas & Milk	Cheese & Whole Grain Crackers
15	16	17	18	19
Waffles & Apple Sauce	Cornbread & Milk	Bagels & Milk	English Muffin With Sun Butter*	Blueberry Muffin & Milk
Macaroni 'n' Cheese Broccoli Oranges Milk	Quesadilla Corn Berries* Milk	Ravioli Mixed Veggies Pears Milk	Chicken Brown Rice Green Beans Bananas Milk	Chicken Pinwheel Sandwich* Carrots Watermelon Milk
Hummus Crackers & Milk	Cheddar Bunnies & Apples	Melon & Crackers	Apples & Cheese	Bananas & Milk
22	23	24	25	26
Bagels 'n' Cr. Cheese & Milk	Waffles & Apple Sauce	Yogurt & Berries	Cheesy Toast & Milk	Banana Bread & Milk
Fish Fillet Rice Green Beans Pears Milk	Buttered Pasta Peas & Carrots Apples String Cheese Milk	Turkey Tacos Corn Oranges Milk	Lasagna Mixed Veggies Melon Garlic Bread Milk	Ham Sandwiches Carrots Bananas Milk
Apples & Cheese	Oranges & Whole Grain Crackers	Melon and Whole Grain Crackers	Apples & Milk	Hummus* & Whole Wheat Crackers
29	30	31		
Oatmeal & Milk	Cheesy Bagels & Milk	Pancakes & Milk	HAPPY HALLOWEEN	
Chicken Nuggets Corn Melon Milk	Mini Pizza Mixed Veggies Apples Milk	Pasta Salad Peas & Carrots Cheese Cubes Melon Milk		
Cheese & Whole Grain Crackers	Oranges & Crackers	Bananas & Milk		

ing Sizes: Meat/Fish/Poultry 1/2 to 1 ounce Fruit/Vegetable 1/2 Cup Noodles/Rice/etc. 1/4 Cup Milk/Water 3/4 cup
ALL SNACKS ARE SERVED WITH MILK OR WATER