



October 2018 Menu

- SPECIAL diets such as (gluten free/non-lactose/organic/vegan/ **MEAL SUBSTITUTIONS provided by parent.** Only exception is *VEGETARIAN (a non-meat option) will be provided
- Meal times:** AM snack 8:30am, Lunch 11:30am, PM snack at 3:00pm

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Cereal Variety & Milk Homemade Mac & Cheese Seasoned Corn Sliced Peaches & Milk Veggie Straws	Waffles & Milk Chicken Taquitos Green Beans Pineapple Tidbits & Milk Chex-Mix (no nuts)	Graham Crackers & Milk Spiral Pasta w/marinara Mixed Veggies Applesauce & Milk Goldfish Crackers	Fruit Yogurt & Crackers Beanie Winnies Tortilla Triangles Banana Chunks & Milk Mini Pretzels	Toast & jelly & Milk Chick. Nuggets & Mashed Potatoes Garden Salad w/ranch Fruit Cocktail & Milk Oatmeal Cookies
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Cereal Variety & Milk Italian Meatballs & mashed potatoes Seasoned Green Beans Pineapple Tidbits & Milk Fig Newton Bar	French Toast & Milk Fettuccini Alfredo Sweet Peas Banana Chunks & Milk Animal Crackers	Wheat Bread w/apple butter & Milk Veggie Tater Tot Casserole Cesar Salad Fruit Cocktail & Milk Chex-Mix (no nuts)	Belvita Breakfast Bars & Milk Chicken & Veggie Rice Buttered Carrots Applesauce & Milk Ritz & Cheese sticks	Oatmeal & Orange Juice Pizza Rolls Mixed Vegetables Fresh Melon & Milk Nutri-grain Bar
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Cereal Variety & Milk Chicken Taquitos Mexican Refried Beans Mandarin Oranges & Milk Goldfish Crackers	Biscuits w/apple butter jelly & Milk Chicken Veggie Rice Asian Salad Banana Chunks & Milk Oatmeal Cookies	Fruit Yogurt Italian Meatballs w/mashed potatoes Mixed Veggies Peach Slices & Milk Crackers & Cheese	Waffles & milk Spaghetti w/marinara Green Beans Pineapple Tidbits & Milk Fig Newton Bars	Wheat Bread w/cream cheese & Milk Beanie Winnies w/ tortilla strips Fruit Cocktail & Milk Veggie Straws
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Cereal variety & Milk Crispy Fish Sticks w/mashed potatoes Fresh Garden Salad Fresh Melon Milk Cheese Crackers Sandwich	Wheat Bread w/grape jelly & Milk Macaroni & Cheese Sliced Carrots Banana chunks & Milk Cornbread	Crackers w/cream cheese & Milk Chicken Garden Salad Bread & butter Applesauce & Milk Fig Newton Bar	Pancakes w/syrup & Milk Turkey cheese sand. Peas & Carrots Fruit Cocktail & Milk Chex Mix (no nuts)	Oatmeal & Orange Juice Chicken Fried Rice Seasoned Beans Pineapple Tidbits & Milk Mini Pretzels
Monday 29	Tuesday 30	Wednesday 31	Thursday Nov 1	Friday Nov 2
Cereal variety & Milk Chicken Nuggets & Mashed Potatoes Broccoli Florets Applesauce & Milk Veggie Straws	Yogurt & Bananas Turkey cheese sand. Garden Salad w/ranch Banana Chunks & Milk Goldfish Crackers	Wheat Bread w/cream cheese & Milk Chicken Fried Rice Seasoned Beans Mandarin Oranges & Milk Animal Crackers	Yogurt & Grahams Beanie Winnies w/ tortilla strips Fruit Cocktail & Milk Fig Newton Bars	French Toast Sticks & Milk Pizza Rolls Mixed Vegetables Fresh Melon & Milk Cheese Crackers Sandwich