

October Menu

| | Breakfast | Lunch | 3:30 Snack |
|------------------|---|--|---------------------------------------|
| Monday, 10/2 | French Toast, Pineapple & Milk | Meatballs w/ Brown Rice, Butter Peas, Oranges & Milk | Cheese Cubes & Snack Mix |
| Tuesday, 10/3 | Oatmeal, Peaches & Milk | BBQ Chicken Sliders, Purple Hull Peas, Pears & Milk | Apple Slices & Gold Fish Crackers |
| Wednesday, 10/4 | Biscuit, Fruit & Milk | Taco Quesadilla, Green Beans, Mixed Fruit & Milk | Sliced Oranges & Pretzels |
| Thursday, 10/5 | Blueberry Muffin, Banana & Milk | Spaghetti w/Meat Sauce, Green Beans, Apples & Milk | Cheese & Whole Wheat Crackers |
| Friday, 10/6 | Grits, Pears & Milk | Pot Roast w/ Brown Rice or Noodles & Vegetables, Mandarin Oranges & Milk | Whole Grain Cheerios & Vanilla Yogurt |
| Monday, 10/9 | Waffles, Applesauce & Milk | Tex-Mex Chicken & Rice, Oranges & Milk | Raisins & Veggie Straws |
| Tuesday, 10/10 | Cheese Grits, Peaches & Milk | Chicken Nuggets, Tater Tots, Pineapple & Milk | Fresh Fruit & Gold Fish Crackers |
| Wednesday, 10/11 | French Toast, Pears & Milk | Taco Quesadilla, Green Beans, Mixed Fruit & Milk | Sliced Apples & Snack Mix |
| Thursday, 10/12 | Biscuit, Peaches & Milk | Chicken Spaghetti, Purple Hull Peas, Pears & Milk | Sliced Oranges & Animal Crackers |
| Friday, 10/13 | Banana Muffin, Apples & Milk | Grilled Cheese Sandwich, Broccoli, Pears & Milk | Vanilla Yogurt & Pretzels |
| Monday, 10/16 | Grits with Turkey Sausage, Peaches & Milk | BBQ Chicken w/Brown Rice, Purple Hull Peas, Pineapple & Milk | Fresh Fruit & Whole Wheat Crackers |
| Tuesday, 10/17 | Oatmeal, Applesauce & Milk | Chicken Sliders, Green Beans, Mandarin Oranges & Milk | Rice Cereal w/ Craisins |
| Wednesday, 10/18 | Cheese Biscuits, Apples & Milk | Sloppy Joe's, Butter Peas, Peaches & Milk | Fresh Fruit & Gold Fish |
| Thursday, 10/19 | Pancakes, Mandarin Oranges & Milk | Chicken Nuggets, Green Beans, Pineapple & Milk | Banana & Whole Grain Cheerios |
| Friday, 10/20 | Blueberry Muffin, Banana & Milk | Spaghetti w/Meat Sauce, Broccoli, Apples & Milk | Cheese Cubes & Snack Mix |
| Monday, 10/23 | Pancakes, Peaches & Milk | Whole Wheat Cheese Quesadillas, Peas and Carrots, Pears & Milk | Sliced Oranges & Animal Crackers |
| Tuesday, 10/24 | Grits with Turkey Sausage, Pears & Milk | Chicken and Sausage Paella, Butter Peas, Apples & Milk | Fresh Fruit & Pretzels |
| Wednesday, 10/25 | Biscuit, Peaches & Milk | Turkey & Cheese Sandwich, Green Beans, Mixed Fruit & Milk | Raisins & Veggie Straws |
| Thursday, 10/26 | Waffles, Pears & Milk | Baked Chopped Steak, Mashed Potatoes, Purple Hull Peas, Apples & Milk | Rice Cereal w/ Craisins |
| Friday, 10/27 | Blueberry Muffin, Banana & Milk | Turkey Chili w/Saltines, Pineapple & Milk | Cheese Cubes & Snack Mix |
| Monday, 10/30 | French Toast, Pineapple & Milk | Meatballs w/ Brown Rice, Butter Peas, Oranges & Milk | Apple Slices & Gold Fish Crackers |
| Tuesday, 10/31 | Oatmeal, Peaches & Milk | BBQ Chicken Sliders, Green Beans, Pears & Milk | Fall Parties |



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