

October Menu

	Breakfast	Lunch	3:30 Snack
Monday, 10/1	French Toast, Apples & Milk	Turkey Chili w/ Brown Rice, Peaches & Milk	Sliced Oranges & Pretzels
Tuesday, 10/2	Grits with Turkey Sausage, Pineapple & Milk	Chicken Spaghetti, Butter Peas, Mandarin Oranges & Milk	Vanilla Yogurt & Blueberries
Wednesday, 10/3	Blueberry Muffin, Peaches & Milk	Sloppy Joe's, Green Beans, Apples & Milk	Fresh Fruit & Veggie Straws
Thursday, 10/4	Oatmeal, Applesauce & Milk	Whole Wheat Cheese Quesadillas, Peas and Carrots, Pears & Milk	Rice Cereal & Craisins
Friday, 10/5	Pancakes, Mandarin Oranges & Milk	BBQ Chicken & Rice, Purple Hull Peas, Peaches & Milk	Sliced Cheese & Whole Wheat Crackers
Monday, 10/8	Waffles, Peaches & Milk	Spaghetti and Meatballs, Green Beans, Pears & Milk	Apple Slices & Gold Fish
Tuesday, 10/9	Cheese Grits, Mandarin Oranges & Milk	Chicken Divan w/ Brown Rice & Broccoli, Pineapple & Milk	Cheese & Snack Mix
Wednesday, 10/10	Pancakes, Applesauce & Milk	Pot Roast, Mashed Potatoes, Peaches & Milk	Sliced Oranges & Animal Crackers
Thursday, 10/11	Blueberry Muffin, Pears & Milk	Turkey & Cheese Sandwich, Green Beans, Pineapple & Milk	Fresh Fruit & Pretzels
Friday, 10/12	Biscuit, Peaches & Milk	Chicken Paella, Butter Peas, Apples & Milk	Raisins & Veggie Straws
Monday, 10/15	French Toast, Pineapple & Milk	Meatballs w/ Brown Rice, Broccoli, Mandarin Oranges & Milk	Apple Slices & Gold Fish
Tuesday, 10/16	Chef's Choice	Chef's Choice	Chef's Choice
Wednesday, 10/17	Blueberry Muffin, Apples & Milk	Chicken Sliders, Purple Hull Peas, Pears & Milk	Sliced Cheese & Snack Mix
Thursday, 10/18	Oatmeal, Peaches & Milk	BBQ Chicken & Rice, Peas and Carrots, Mandarin Oranges & Milk	Rice Cereal & Craisins
Friday, 10/19	Pancakes, Apples & Milk	Whole Wheat Cheese Quesadillas, Broccoli, Pears & Milk	Fresh Fruit & Gold Fish
Monday, 10/22	French Toast, Mandarin Oranges & Milk	Chicken Paella, Purple Hull Peas, Peaches & Milk	Sliced Cheese & Snack Mix
Tuesday, 10/23	Grits, Peaches & Milk	Spaghetti w/ Meatballs, Butter Peas, Apples & Milk	Raisins & Veggie Straws
Wednesday, 10/24	Cheese Biscuit, Fruit & Milk	BBQ Chicken Sliders, Green Beans, Mandarin Oranges & Milk	Applesauce & Whole Grain Cheerios
Thursday, 10/25	Blueberry Muffin, Pears & Milk	Pot Roast, Mashed Potatoes, Apples & Milk	Fresh Fruit & Gold Fish
Friday, 10/26	Waffles, Pineapple & Milk	Chicken Spaghetti, Purple Hull Peas, Peaches & Milk	Vanilla Yogurt & Blueberries
Monday, 10/29	French Toast, Apples & Milk	Turkey & Cheese Sandwich, Peas & Carrots, Oranges & Milk	Rice Cereal & Craisins
Tuesday, 10/30	Oatmeal, Peaches & Milk	Spaghetti w/ Meatballs, Green Beans, Pears & Milk	Raisins & Veggie Straws
Wednesday, 10/31	Biscuit, Pineapple & Milk	Turkey Chili & Brown Rice, Apples & Milk	Fall Parties



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