

October Menu

	Breakfast	Lunch	3:30 Snack
Tuesday, 10/1	Cheese Grits, Pears & Milk	Chicken Divan w/ Broccoli, Mandarin Oranges & Milk	Fresh Fruit & Goldfish
Wednesday, 10/2	Waffles, Pineapple & Milk	Whole Wheat Cheese Quesadillas, Peas & Carrots, Peaches & Milk	Vanilla Yogurt & Blueberries
Thursday, 10/3	Blueberry Muffin, Applesauce & Milk	BBQ Chicken & Brown Rice, Butter Peas, Mandarin Oranges & Milk	Sliced Cheese & Whole Wheat Crackers
Friday, 10/4	Pancakes, Pears & Milk	Cheese Pizza, Purple Hull Peas, Peaches & Milk	Rice Cereal & Craisins
Monday, 10/7	French Toast, Pineapple & Milk	Pot Roast, Peas & Carrots, Peaches & Milk	Sliced Cheese & Whole Wheat Crackers
Tuesday, 10/8	Oatmeal, Blueberries & Milk	Brunch for Lunch: Pancakes & Sausage Patties, Mandarin Oranges & Milk	Applesauce & Pretzels
Wednesday, 10/9	Waffles, Pineapple & Milk	Cheese Tortellini, Butter Peas, Pears & Milk	Rice Cereal & Craisins
Thursday, 10/10	Cheese Grits, Mandarin Oranges & Milk	Hamburger Sliders, Tater Tots, Applesauce & Milk	Fresh Fruit & Veggie Straws
Friday, 10/11	Blueberry Muffins, Pears & Milk	Chicken Parmesan Pasta Bake, Broccoli, Pineapple & Milk	Bananas & Goldfish
Monday, 10/14	Oatmeal, Peaches & Milk	Meatballs w/ Brown Rice, Butter Peas, Applesauce & Milk	Vanilla Yogurt & Blueberries
Tuesday, 10/15	Grits with Turkey Sausage, Pears & Milk	Turkey Chili with Beans, Mandarin Oranges & Milk	Fresh Fruit & Goldfish
Wednesday, 10/16	Blueberry Muffin, Pineapple & Milk	Brunch for Lunch: Pancakes & Sausage Patties, Blueberries & Milk	Raisins & Veggie Straws
Thursday, 10/17	Cheese Biscuit, Banana & Milk	Chicken Lo Mein w/ Peas and Carrots, Mandarin Oranges & Milk	Sliced Cheese & Snack Mix
Friday, 10/18	French Toast, Pineapple & Milk	Cheese Tortellini, Broccoli, Pears & Milk	Applesauce & Whole Grain Cheerios
Monday, 10/21	Waffles, Applesauce & Milk	BBQ Chicken & Brown Rice, Green Beans, Pineapple & Milk	Raisins & Veggie Straws
Tuesday, 10/22	Oatmeal, Pears & Milk	Whole Wheat Taco Quesadillas, Butter Peas, Mandarin Oranges & Milk	Fresh Fruit & Goldfish
Wednesday, 10/23	Biscuit, Banana & Milk	Chicken Fried Brown Rice w/ Peas & Carrots, Peaches & Milk	Vanilla Yogurt & Blueberries
Thursday, 10/24	Blueberry Muffin, Pears & Milk	Pot Roast, Mashed Potatoes, Pineapple & Milk	Sliced Cheese & Whole Wheat Crackers
Friday, 10/25	Grits with Turkey Sausage, Blueberries & Milk	Turkey Chili with Beans, Mandarin Oranges & Milk	Rice Cereal & Craisins
Monday, 10/28	French Toast, Pineapple & Milk	Chicken Spaghetti, Butter Peas, Peaches & Milk	Applesauce & Whole Grain Cheerios
Tuesday, 10/29	Oatmeal, Pears & Milk	Hamburger Sliders, Tater Tots, Mandarin Oranges & Milk	Rice Cereal & Craisins
Wednesday, 10/30	Blueberry Muffin, Pineapple & Milk	Chicken Parmesan Pasta Bake, Butter Peas, Mandarin Oranges & Milk	Fresh Fruit & Goldfish
Thursday, 10/31	Cheese Grits, Pears & Milk	Brunch for Lunch: Pancakes & Sausage Patties, Applesauce & Milk	Sliced Cheese & Whole Wheat Crackers
Friday, 11/1	Biscuit, Mandarin Oranges & Milk	Whole Wheat Taco Quesadillas, Peas & Carrots, Pineapple & Milk	Vanilla Yogurt & Blueberries



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