

# October Menu

	Breakfast	Lunch	3:30 Snack
Monday, October 2	Blueberry Yogurt Parfait & Milk	Chicken Spaghetti, Purple Hull Peas, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, October 3	Pancakes, Sausage, Applesauce & Milk	Macaroni & Cheese, Lima Beans, Pineapple & Milk	Vanilla Wafers & Banana Pudding
Wednesday, October 4	Rice Crispies, Peaches & Milk	Ground Turkey Tacos, Black Beans, Mandarin Oranges & Milk	Strawberry Go-Gurt & Goldfish
Thursday, October 5	Waffles, Pineapple & Milk	Brown Gravy Meatballs, Mashed Potatoes, Pears & Milk	Veggie Straws & Craisins
Friday, October 6	Peach Yogurt Parfait & Milk	Turkey & Cheese Sliders, Roasted Potatoes, Banana & Milk	Pink Lemonade & Animal Crackers
Monday, October 9	Blueberry Yogurt Parfait & Milk	Chicken Divan w/ Broccoli, Pineapple & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, October 10	French Toast, Sausage, Mandarin Oranges & Milk	Cheese Tortellini, Green Beans, Peaches & Milk	Animal Crackers & Chocolate Pudding
Wednesday, October 11	Cheerios, Pears & Milk	Baked Chicken, Mashed Potatoes, Pineapple & Milk	Strawberry Go-Gurt & Goldfish
Thursday, October 12	Pancakes, Applesauce & Milk	Chicken & Rice, Purple Hull Peas, Mandarin Oranges & Milk	Graham Crackers & Raisins
Friday, October 13	Yogurt, Banana & Milk	Turkey & Cheese Sliders, Tater Tots, Pears & Milk	Whole Wheat Crackers & Pepperoni
Monday, October 16	Peach Yogurt Parfait & Milk	Spaghetti w/ Meat Sauce, Green Beans, Pineapple & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, October 17	Waffles, Sausage, Mandarin Oranges & Milk	Pasta Alfredo w/ Broccoli, Pears & Milk	Vanilla Wafers & Banana Pudding
Wednesday, October 18	Rice Crispies, Peaches & Milk	Chicken Fried Rice w/ Peas & Carrots, Pineapple & Milk	Strawberry Go-Gurt & Goldfish
Thursday, October 19	French Toast, Applesauce & Milk	Chicken & Dumplings, Lima Beans, Mandarin Oranges & Milk	Veggie Straws & Craisins
Friday, October 20	Blueberry Yogurt Parfait & Milk	Turkey & Cheese Sliders, Sweet Potato Fries, Banana & Milk	Whole Wheat Crackers & Pepperoni
Monday, October 23	Peach Yogurt Parfait & Milk	Spaghetti w/ Meatballs, Green Beans, Pineapple & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, October 24	Pancakes, Sausage, Mandarin Oranges & Milk	Vegetable Fried Rice w/ Peas & Carrots, Pears & Milk	Animal Crackers & Vanilla Pudding
Wednesday, October 25	Cheerios, Peaches & Milk	Baked Chopped Steak, Mashed Potatoes, Pineapple & Milk	Strawberry Go-Gurt & Goldfish
Thursday, October 26	Waffles, Applesauce & Milk	Chicken Parmesan Pasta Bake, Purple Hull Peas, Mandarin Oranges & Milk	Graham Crackers & Raisins
Friday, October 27	Yogurt, Banana & Milk	Turkey & Cheese Sliders, Roasted Potatoes, Pears & Milk	Whole Wheat Crackers & Pepperoni
Monday, October 30	Blueberry Yogurt Parfait & Milk	BBQ Chicken w/ Rice, Purple Hull Peas, Pineapple & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, October 31	French Toast, Sausage, Mandarin Oranges & Milk	Macaroni & Cheese, Lima Beans, Pears & Milk	Vanilla Wafers & Chocolate Pudding