




# October Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	French Toast & Peaches <sup>30</sup>	Bananas & Crackers <sup>1</sup>	Nutrigrain Bars & Milk <sup>2</sup>	Cereal & Milk <sup>3</sup>	<sup>4</sup>
<b>Lunch</b>	Teriyaki Chicken w/ Rice & Veggies	Veggie Lasagna w/ Mixed Fruit and Juice	Beefy Pasta Marinara w/ Garlic Bread & Fruit	English Muffin Pizza w/ Fruit and Veggies	School Closure
<b>PM Snack</b>	Graham crackers & Apple Sauce	Smoothy & Animal Crackers	Goldfish and Juice	Cheese Slices and Saltines	
<b>Ext. Snack</b>	Goldfish and Juice	Cheese Slices and Saltines	Graham crackers & Apple Sauce	Apple slices & Animal Crackers	
<b>AM Snack</b>	Muffins & Milk <sup>7</sup>	Yogurt & Strawberries <sup>8</sup>	Mini Bagels & Cream Cheese <sup>9</sup>	Pancakes & Milk <sup>10</sup>	<sup>11</sup>
<b>Lunch</b>	BBQ Chicken w/ Stuffing & Mixed Veggies	Spaghetti w/Meat Sauce and Broccoli	Chicken Nuggets w/Tater tost & Fruit	Beef w/ Rice and Beans	Breakfast Sandwich & O.J. Beef & Cheese Soft Taco w/ Pinto Beans
<b>Fruit and Veggies</b>	Rice Cakes & Sunbutter	Cheese Cubes & Pepperoni	Pita Bread and Hummus	Guac and Chips	Apple Slices w/ Nilla Wafers
<b>Ext. Snack</b>	Cheese Cubes & Pepperoni	Rice Cakes & Sunbutter	Guac and Chips	Pita Bread & Hummus	Pirate Booty & Juice
<b>AM Snack</b>	Cornbread & Milk <sup>14</sup>	Muffins & Milk <sup>15</sup>	Nutrigrain Bars & Milk <sup>16</sup>	Tater Tots & eggs <sup>17</sup>	<sup>18</sup>
<b>Lunch</b>	Chicken Alfredo Pasta w/ Garlic Bread & Broccoli	Popcorn Chicken w/Butter Rice & Juice	Mac & Cheese w/green beans	French toast w/Turkey sausage and fruit	Cinnamon Oatmeal & Bananas Cheese Burgers & Baked Beans
<b>PM Snack</b>	Pineapple & Cottage Cheese	Saltines & Jelly	Cheez-its & Juice	Choc Pudding & Crackers	Pirate Booty & Juice
<b>Ext. Snack</b>	Cheez-its & Juice	Choc Pudding & Crackers	Pineapple w/Cottage Cheese	Saltines & Jelly	Ritz crackers & Cheese Cubes
<b>AM Snack</b>	Bagels w/ Cream Cheese <sup>21</sup>	Cereal and Milk <sup>22</sup>	Pancakes & Sausage <sup>23</sup>	Yogurt and Fruit <sup>24</sup>	<sup>25</sup>
<b>Lunch</b>	Beefy Nacho Pasta w/ Veggies	BBQ Chicken w/ Stuffing & Fruit	Chicken Nuggets w/Tater tost & Juice	Veggie Lasagna w/Fruit	School Closure
<b>PM Snack</b>	Ritz Crackers and Pepperoni	Pita Bread & Hummus	Cheese & Sweet Potato Crackers	Graham Crackers and Milk	
<b>Ext. Snack</b>	Cheese and Sweet Potato Crackers	Ritz Crackers and Pepperoni	Pita Bread and Hummus	Goldfish & Juice	
<b>AM Snack</b>	Muffins and Fruit <sup>28</sup>	Nurtigrain Bars and Milk <sup>29</sup>	Yogurt & Granola <sup>30</sup>	<sup>31</sup>	
<b>Lunch</b>	Early Dismissal. No Lunch Provided.	Grilled cheese & Tomato Soup	Pizza Fundraiser 	Classroom Halloween Party Food	
<b>PM Snack</b>		Fruit & Crackers	Pita Bread and Hummus		
<b>Ext. Snack</b>		Pitta bread & Hummus	Ritz and Pepperoni		

Menu is subject to change

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