

OCTOBER 2018 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast OCT 1 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Lentils with Rice, Fruit, Veggies, Milk</p> <p>Snack Yogurt with Granola, Water</p>	<p>Breakfast 2 Blueberry Bagels, Cream Cheese, Fruit, Milk</p> <p>Lunch Chicken Alfredo w/Veggies, Fruit, Milk</p> <p>Snack Homemade Oatmeal Bars, Milk</p>	<p>Breakfast 3 Kale Fruit Smoothie, WW Toast, Milk</p> <p>Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p>Snack Chef's Choice, Milk</p>	<p>Breakfast 4 Muffin Bars, Fruit, Milk</p> <p>Lunch Tater Tot Hot Dish w/ Veggies, Fruit, Milk</p> <p>Snack Cream Cheese & Crackers, Milk</p>	<p>Breakfast 5 Apple French Toast Bake, Milk</p> <p>Lunch Chicken Noodle Soup w/Veggies, Roll, Fruit, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>
<p>Breakfast 8 Whole Wheat Pancakes, Fruit, Milk</p> <p>Lunch All Natural Mac & Cheese, Fruit, Veggies, Milk</p> <p>Snack Homemade Cereal Bars, Milk</p>	<p>Breakfast 9 Scrambled Eggs, WW English Muffins, Fruit, Milk</p> <p>Lunch Soft Shell Tacos, Spanish Rice, Fruit, Veggies, Milk</p> <p>Snack Vanilla Yogurt, Granola, Water</p>	<p>Breakfast 10 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Lasagna Hot Dish w/Veggies & WW Pasta, Fruit, Milk</p> <p>Snack Homemade Shortcake w/Fruit, Milk</p>	<p>Breakfast 11 Fresh Baked Scone, Fruit, Milk</p> <p>Lunch WW Pizza w/Turkey, Veggies, Fruit, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>Breakfast 12 Oatmeal, Fruit, Milk</p> <p>Lunch WW Spaghetti & Meat Balls, Veggies, Fruit, Milk</p> <p>Snack Zucchini Bread w/Cinnamon Butter, Milk</p>
<p>Breakfast 15 Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Sloppy Joes on WW Bun, Fruit, Veggies, Milk</p> <p>Snack Yogurt, Fruit, Water</p>	<p>Breakfast 16 Cream of Wheat, Fruit, Milk</p> <p>Lunch Stroganoff Over Noodles, Veggies, Fruit, Milk</p> <p>Snack Trail Mix, Milk</p>	<p>Breakfast 17 Fresh Baked Scone, Fruit, Milk</p> <p>Lunch Quinoa w/Beans, Veggies, Fruit, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>Breakfast 18 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Chicken Sandwich on WW Bun, Veggie, Fruit, Milk</p> <p>Snack String Cheese, Fruit, Water.</p>	<p>19</p> <p>All Programs Closed - Staff Training</p>
<p>Breakfast 22 Buckwheat Pancakes, Fruit, Milk</p> <p>Lunch WW Spaghetti Meatballs, Veggies, Fruit, Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>Breakfast 23 Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Chicken Rice Casserole W/Veggies, Fruit, Milk</p> <p>Snack Fruit, Cheese, Water</p>	<p>Breakfast 24 Scrambled Eggs, Toast, Fruit, Milk</p> <p>Lunch Turkey Burgers on WW Bun, Fruit, Veggie, Milk</p> <p>Snack Zucchini Bread with Cinnamon Butter, Milk</p>	<p>Breakfast 25 Oatmeal, Fruit, Milk</p> <p>Lunch Soft Shell Tacos, Whole Grain Rice, Fruit, Veggies, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>Breakfast 26 Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Turkey Sandwich on WW, Soup, Fruit, Milk</p> <p>Snack Fruit, Graham Cracker Bars, Water</p>
<p>Breakfast 29 Sugar Free Cereal, Berries, Milk</p> <p>Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p>Snack Homemade Banana Bread, Milk</p>	<p>Breakfast 30 Oatmeal, Fruit, Milk</p> <p>Lunch WW Spaghetti & Turkey Meat Balls, Veggies, Fruit, Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>Breakfast 31 WW English Muffins, Scrambled Eggs, Fruit, Milk</p> <p>Lunch Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk</p> <p>Snack Fruit & Cheese, Water</p>	<p>NOV 1</p> <p>Breakfast Whole Wheat Pancakes, Fruit, Milk</p> <p>Lunch Tacos, Spanish Rice, Fruit, Veggies, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>2</p> <p>Breakfast Kale Fruit Smoothies, Whole Wheat Toast, Milk</p> <p>Lunch Chicken Alfredo w/Veggies, Fruit, Milk</p> <p>Snack Fresh Fruit, Graham Cracker Bars, Water</p>

