



October



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10/01

10/02



BREAKFAST:

Fruit & Juice
Sliced Bread
Scrambled Egg and Milk

LUNCH:

Spaghetti Pomodoro & Meatballs
Garlic Bread
Peas and Carrots
Juice and Milk

SNACK:

Muffin and Apple

BREAKFAST:

Fruit
Pancake w/ syrup
Milk

LUNCH:

Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:

Juice and Chips

10/05

10/06

10/07

10/08

10/09

BREAKFAST:

Fruit & Juice
Cereal
Milk

LUNCH:

Chicken Nuggets w/ ketchup
Mashed Potatoes
Garbanzo Soup
Bread Roll
Fruit and Milk

SNACK:

Animal Crackers and Juice

BREAKFAST:

Fruit & Juice
Biscuit w/butter & jelly
Milk

LUNCH:

Chicken Bowtie in a Pink Sauce
Mixed Green Salad w/ Dressing
Bread Roll
Juice
Milk

SNACK:

Pretzels and Apple

BREAKFAST:

Fruit & Juice
Fritata
Sliced Bread & Milk

LUNCH:

Cilantro Lime Chicken
Veggie Rice
Black Beans
Fruit & Milk

SNACK: Teddy

Graham and Cheese
Sting

BREAKFAST:

Fruit
Croissant w/butter
Milk

LUNCH:

Beef Strips
Soft Taco
Shredded Lettuce
Diced Tomatoes
Guacamole
Juice and Milk

SNACK:

Goldfish Crackers and Juice

BREAKFAST:

Fruit and Juice
Pancake w/ syrup
Milk

LUNCH:

Pizza
Steamed Carrots
Fruit and Milk

SNACK:

President Crackers
and Yogurt

This institution is an equal opportunity provider.



October



MONDAY

10/12

BREAKFAST:

Fruit & Juice
Cereal
Milk

LUNCH:

Chicken Tenders
Brown Rice
Lentil Soup

Fruit
Milk

SNACK:

Muffin and Juice

TUESDAY

10/13

BREAKFAST:

Fruit & Juice
Bagel w/ cream
cheese
and Milk

LUNCH:

Arroz Con Pollo
Criollo w/ Corn
Plantains
Bread Roll

Fruit
Milk

SNACK:

Cheez-it and Apple

WEDNESDAY

10/14

BREAKFAST:

Fruit & Juice
Biscuit w/ jelly
Milk

LUNCH:

Chicken Alfredo
Rigatoni
Garlic Bread
Mixed Green Salad
w/ Dressing
Fruit and Milk

SNACK:

President Crackers
and Cheese String

THURSDAY

10/15

BREAKFAST:

Fruit & Juice
Pancake w/ syrup
Milk

LUNCH:

Our Famous
Meatballs Marinara
Sub Bun
Broccoli
Juice and Milk

SNACK:

Goldfish Crackers
and Juice

FRIDAY

10/16

BREAKFAST:

Fruit
Scrambled Egg
Sliced Bread
Milk

LUNCH:

Pizza
Steam Carrots
Fruit and Milk

SNACK:

Honey Oat Crackers
and Yogurt

10/19

BREAKFAST:

Fruit & Juice
Cereal And Milk

LUNCH:

Chicken Sandwich
w/ Sliced Bun
Steam Carrots
Juice and Milk

SNACK:

Muffin and Yogurt

10/20

BREAKFAST:

Fruit & Juice
Cinnamon Bread w/
Butter
Milk

LUNCH:

Pulled Chicken
Crunchy Taco
Sour Cream
Taco Black Beans
Shredded Lettuce
Fruit and Milk

SNACK:

Graham Crackers
and Apple

10/21

BREAKFAST:

Fruit & Juice
Pancake w/ syrup
Milk

LUNCH:

Penne Pasta in
White Sauce w/
Turkey
Broccoli
Garlic Bread
Fruit
Milk

SNACK:

Pretzel and Cubed
Cheese

10/22

BREAKFAST:

Fruit & Juice
Cheese Slice
English Muffin w/
butter
Milk

LUNCH:

Corn Dog
Roasted Potato Fries
Salad w/dressing
Juice and Milk

SNACK:

Goldfish Crackers
and Juice

10/23

BREAKFAST:

Fruit
Bread w/ Butter
Egg Patty
Milk

LUNCH:

Pizza
Corn
Fruit and Milk

SNACK:

Animal Crackers and
Apple

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October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/26	10/27	10/28	10/29	10/30
BREAKFAST: Fruit & Juice Cereal Milk LUNCH: Cheeseburger w/ ketchup Hamburger Bun Sliced Carrots Juice and Milk SNACK: Scooby Doo Crackers and Yogurt	BREAKFAST: Fruit & Juice English Muffin w/ butter Milk LUNCH: Chef Choice Pasta Chicken Tenders Roll Steamed Broccoli Fruit and Milk SNACK: Cheez It and Apple	BREAKFAST: Fruit & Juice Croissant w/ butter Milk LUNCH: Picadillo Moro Rice Plantains Fruit and Milk SNACK: Pretzel Crackers & Cubed Cheese	BREAKFAST: Fruit & Juice Sliced Bread Scrambled Egg and Milk LUNCH: Meatballs in Marinara Sauce Brown Rice Garlic Bread Peas and Carrots Juice and Milk SNACK: Muffin and Apple	BREAKFAST: Fruit Pancake w/ syrup Milk LUNCH: Pizza Mixed Green Salad w/ Dressing Fruit and Milk SNACK: Juice and Chips

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