



# October 2019

<b>Monday 9/30</b>	<b>Tuesday 10/1</b>	<b>Wednesday 10/2</b>	<b>Thursday 10/3</b>	<b>Friday 10/4</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cereal Fruit	Mini Bagels Fruit	Fruit Bars Bananas	Bagel & Cream Cheese Fruit	Blueberry Muffins Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Mac & Cheese Veggie Fruit	Green Bean Supreme Bread W/ Butter Fruit	Turkey & Cheese Wraps Veggie Fruit	Chef Salad Crackers Fruit	Cheese Pizza Veggie Fruit
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Graham Crackers 100% Apple Juice	Rice Cakes 100% Apple Juice	Fudge Striped Cookies 100% Apple Juice	Cheese Its 100% Apple Juice	Snack Mix 100% Apple Juice
<b>Monday 10/7</b>	<b>Tuesday 10/8</b>	<b>Wednesday 10/9</b>	<b>Thursday 10/10</b>	<b>Friday 10/11</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cereal Fruit	Pop tarts Fruit	Fruit Rounds Fruit	Bagel & Cream Cheese Fruit	Fruit Bars Bananas
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Wow Butter & Jelly Sandwich Veggie Fruit	Chicken Nachos Veggie Fruit	Chicken Alfredo Veggie Fruit	Pancakes & Sausage Veggie Fruit	Hot Dogs On a Bun Fries Fruit
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Fig Newtons 100% Apple Juice	Popcorn 100% Apple Juice	Animal Crackers 100% Apple Juice	Cheese & Crackers 100% Apple Juice	Snack Mix 100% Apple Juice
<b>Monday 10/14</b>	<b>Tuesday 10/15</b>	<b>Wednesday 10/16</b>	<b>Thursday 10/17</b>	<b>Friday 10/18</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Biscuits & Gravy Fruit	Cereal Fruit	Yogurt Fruit	Bagels & Cream Cheese Fruit	Donut Holes Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Chili Mac Crackers Fruit	Meaty Spaghetti Veggie Fruit	Tomato Soup Crackers Grilled Cheese Fruit	Corn Dogs Mac & Cheese Veggie Fruit	Deli Turkey Wrap Veggie Fruit
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Cheese Its 100% Apple Juice	Graham Crackers 100% Apple Juice	Rice Cakes 100% Apple Juice	Animal Crackers 100% Apple Juice	Snack Mix 100% Apple Juice
<b>Monday 10/21</b>	<b>Tuesday 10/22</b>	<b>Wednesday 10/23</b>	<b>Thursday 10/24</b>	<b>Friday 10/25</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cereal Fruit	Yogurt Fruit	Bagels & Cream Cheese Fruit	Donut Holes Fruit	Pancakes Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Cheese Quesadilla Veggie Fruit	Tator Tot Casserole Veggie Fruit	Fish Sticks & Tator Tots Veggie Fruit	Ham & Cheese Sandwich Veggie Fruit	Pepperoni Pizza Veggie Fruit
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Goldfish 100% Apple Juice	Vanilla Wafers 100% Apple Juice	Pretzels 100% Apple Juice	Chex Mix 100% Apple Juice	Snack Mix 100% Apple Juice
<b>Monday 10/28</b>	<b>Tuesday 10/29</b>	<b>Wednesday 10/30</b>	<b>Thursday 10/31</b>	<b>Friday 11/1</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Waffles Fruit	Yogurt Fruit	Wow Butter Wraps Fruit	Bagel & Cream Cheese Fruit	Oatmeal Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Chef Salad W/Crackers Fruit	Beanie Weenies Bread Fruit Veggie	Bean & Cheese Quesadilla Fruit Veggie	Turkey Wrap Veggie Fruit	Chicken Nugget Mash Potatoes Veggie Fruit
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Cheese Its 100% Apple Juice	Salsa & Chips 100% Apple Juice	Fudge Striped Cookies 100% Apple Juice	Halloween Treats 100% Apple Juice	Snack Mix 100% Apple Juice