





October Menu 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>B- Cereal/Fruit</p> <p>L- Steak Fingers/ Scallop Pot. / green beans & diced peaches</p> <p>S1-C.C. Cookies/Milk</p> <p>S2- Goldfish</p>	<p>4</p> <p>B- Waffles/Fruit</p> <p>L- Chicken Pot Pie/ Veggies/ Wheat bread & Pineapple</p> <p>S1-Cheese Cubes/Crackers/Juice</p> <p>S2-Graham Crackers</p>	<p>5</p> <p>B- Biscuit w/ Jelly</p> <p>L- Dirty Rice w/ ground beef/ crowder peas & mix fruit</p> <p>S1-Animal crackers/Milk</p> <p>S2-Cheezits</p>	<p>6</p> <p>B- Eggs/Ham</p> <p>L- Ham on wheat/ Sweet pot. fries/ Mandarin Oranges</p> <p>S1-Fruit Snack/Crackers</p> <p>S2-Vanilla Wafers</p>	<p>7</p> <p>B- Cinn. Toast</p> <p>L- Cheese Pizza/ Corn/Applesauce</p> <p>S1-Fig Bar r/Milk</p> <p>S2-Snack Mix</p>
<p>10</p> <p>B- Cereal/Fruit</p> <p>L- Ravioli/Corn 1/2 slice wheat bread w/ baked apples</p> <p>S1- Oatmeal Pie/Milk</p> <p>S2-Goldfish</p>	<p>11</p> <p>B- Muffin & 1/2 Banana</p> <p>L- Chicken Breast on wheat w/ steamed broccoli & diced pears</p> <p>S1-Yogurt/Dry cereal</p> <p>S2- Graham Crackers</p>	<p>12</p> <p>B- Pancakes/Fruit</p> <p>L- Red Beans w/ diced ham over brown rice w/ cornbread & pineapple</p> <p>S1-String Cheese/Crackers/Juice</p> <p>S2- Animal Crackers</p>	<p>13</p> <p>B- Sausage Biscuits</p> <p>L- BBQ Meatballs/ baked beans/ garlic toast & Mix Fruit</p> <p>S1-Sherbert/Pretzels</p> <p>S2-Cinn. Toast Crunch</p>	<p>14</p> <p><u>PUMPKIN PATCH</u></p> <p><u>FIELD TRIP</u></p> <p><u>(Sack Lunches)</u></p>
<p>17</p> <p>B- Cereal/Fruit</p> <p>L- White Chicken Chili w/ crackers & diced peaches</p> <p>S1-Rice Krispie Bar/Milk</p> <p>S2-Goldfish</p>	<p>18</p> <p>B- Waffles/Fruit</p> <p>L- Meatloaf/ creamed Pot. w/ green beans & pears</p> <p>S1- Cube Cheese/Crackers/Juice</p> <p>S2- Graham Crackers</p>	<p>19</p> <p>B- Cinn. Raisin Toast</p> <p>L- Taco bake/ Corn/ Mandarin Oranges</p> <p>S1-Oatmeal Cookies/Milk</p> <p>S2- Cheezits</p>	<p>20</p> <p>B- Jelly Biscuit</p> <p>L- Turkey on wheat/ Tator tots/ pineapple</p> <p>S1-Sherbert/Fruit Snacks</p> <p>S2- Vanilla Wafers</p>	<p>21</p> <p>B- Eggs/Sausage</p> <p>L- Chicken wraps w/ black beans & applesauce</p> <p>S1-C.C Cookies/ Milk</p> <p>S2-Snack Mix</p>
<p>24</p> <p>B- Cereal/Fruit</p> <p>L- Poppy Seed chicken/ sweet peas/ carrots & Mandarin Oranges</p> <p>S1-Fig Bar/Milk</p> <p>S2-Goldfish</p>	<p>25</p> <p>B-Muffin & 1/2 Banana</p> <p>L- Baked Ham/ Scallop Pot./ Green beans & baked apples</p> <p>S1-Yogurt/Dry cereal</p> <p>S2- Graham Crackers</p>	<p>26</p> <p>B- Pancake/Fruit</p> <p>L-Roast Beef on wheat w/ sweet Pot. Fries & applesauce</p> <p>S1-String Cheese/Crackers/Juice</p> <p>S2- Cheezits</p>	<p>27</p> <p>B- Cheese Toast/Craisins</p> <p>L- Beefaroni/ Corn & Mix fruit</p> <p>S1-Vanilla Wafers/Milk</p> <p>S2-Animal Crackers</p>	<p>28</p> <p>B- Ham/Biscuit</p> <p>L- Wholegrain Cheese Pizza/ Mix Veggies & applesauce</p> <p>S1-Sherbert/Pretzels</p> <p>S2-Oatmeal Cookies</p>
<p>31</p> <p>B- Cereal/Fruit</p> <p>L- Chicken-N-Dumplings w/ sweet peas/carrots & Mandarin Oranges</p> <p>S1- C.C. Cookies/Milk</p> <p>S2-Goldfish</p>				

B = Breakfast / L = Lunch / Snack 1 is at 2pm / Snack 2 is at 4pm (Milk at breakfast, Milk & Water at lunch, 100% Juice or water for Snack) *Fresh Fruit served when Available