Oct 1- Oct 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BREAKFAST |  |  | French Cinnamon sticks  Apples  Milk | Cinnamon oatmeal  Fresh Apples  Milk | Cereal  Fresh Bananas  Milk |
| LUNCH |  |  | Chinese fried rice  With Chicken  Chopped salad  peaches  Milk | Spaghetti meat sauce  Stem vegetables  Apple Sauce  Milk | Tuna sandwiches  French Fries  Fresh Pineapples  Milk |
| SNACK |  |  | Veggie chips  Citrus mango juice | Peanut Butter Crackers  Orange Juice | Graham Crackers  Cherry juice |

Oct 6- Oct 10

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BREAKFAST | Cereal  Fresh apples  Milk | Honey  buns  Bananas  Milk | Homemade  oatmeal  Fresh apple  slices  Milk | English muffins  Scrambled eggs  Fresh oranges  Milk | Multi-Grain  Cereal  Fresh Bananas  Milk |
| LUNCH | Cheese Pizza  Salad  Fresh Apples  Milk | Pasta salad with chicken  Broccoli  Fresh grapes  Milk | Chicken tenders  Mashed potato  Fruit salad  Milk | Beef potato curry  bread  Bananas  Milk | Fish Sticks  French Fries  Fresh Pineapples  Milk |
| SNACK | Animal crackers  Orange Juice | Oatmeal Cream Pies  Apple juice | Veggie chips  Apple juice | Cheese sticks crackers  Orange juice | Popcorn  Grape Juice |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Oct 13 – Oct 17** | | | | | |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BREAKFAST | Cereal  Fresh Apples  Milk | English Muffins  Bananas  Milk | Croissants  Fresh Oranges  Milk | Pancakes  Apple  Milk | Cereal  Fresh Bananas  Milk |
| LUNCH | Cheese quesadillas  Veggie Mix  Tropical Fruit Salad  Milk | Baked chicken  Mashed potato  Banana  Milk | Chicken curry rice  Salad  Yogurt  Pineapple  Milk | Spaghetti W Meat  Broccoli  Fresh Cantaloupe  Milk | Hot dogs on the bun  French Fries  Bananas  Milk |
| SNACK | Cheese Sticks  crackers  Orange Juice | PB Cracker  Apple Juice | Cheese Crackers  Apple juice | Pretzel Rods  Pineapple Juice | Fresh muffins  Grape Juice |

Oct 20-Oct 24

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BREAKFAST | Cereal  Fresh oranges  milk | Bagels with cream cheese  Banana  milk | Mini croissants  Oranges  milk | Oatmeal  Apples  milk | Cereal of choice  Banana  milk |
| LUNCH | Felafell sandwich  Fries  Cantaloupe  milk | Rice with chicken  Fresh salad  Canned fruit  milk | Beef noodle soup  Toast  Banana  milk | Cheese pizza  Salad  Watermelon  milk | Tuna salad sandwich  Fries  Fruit salad  milk |
| SNACK | Mini muffins  Apple juice | Chex mix  Apple juice | Animal crackers  Orange juice | Veggie chips  Grape juice | Cheese sticks  Crackers  Apple juice |

Oct 27- Oct 31

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BREAKFAST | Fruity rings  Fresh Oranges  Milk | Whole Wheat  English Muffins  Bananas  Milk | Homemade Oatmeal  Milk  Fresh Oranges  Slice | Pancakes  Fresh Apples  milk | Multi-Grain  Cereal  Fresh Bananas  Milk |
| LUNCH | Hamburgers on the buns  fries  Tropical Fruit Salad  Milk | Potato chowder soup  wheat toast  Bananas  Milk | Mac N Cheese  Salad  Fresh Apple  Milk | Rice and chicken  salad  Fresh Pineapple  Milk | Spaghetti W Meatball  Steamed Veggie  Bananas  Milk |
| SNACK | Cinnamon buns  Orange Juice | PB&J sandwiches  Grape Juice | Cheese Crackers  Orange juice | Fig Newtown bars  Apple Juice | Graham Crackers  Grape Juice |