Oct 1- Oct 3

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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BREAKFAST |  |  |  French Cinnamon sticks Apples Milk  | Cinnamon oatmealFresh Apples Milk  | CerealFresh BananasMilk |
| LUNCH |  |  | Chinese fried riceWith ChickenChopped saladpeachesMilk | Spaghetti meat sauceStem vegetablesApple SauceMilk | Tuna sandwichesFrench FriesFresh PineapplesMilk |
| SNACK |  |    |  Veggie chips Citrus mango juice | Peanut Butter Crackers Orange Juice | Graham CrackersCherry juice |

Oct 6- Oct 10

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BREAKFAST | Cereal Fresh apples Milk | Honey bunsBananasMilk |  Homemade  oatmeal  Fresh apple slices  Milk  | English muffinsScrambled eggsFresh orangesMilk  | Multi-Grain Cereal Fresh BananasMilk |
| LUNCH | Cheese PizzaSaladFresh ApplesMilk | Pasta salad with chickenBroccoliFresh grapesMilk | Chicken tendersMashed potatoFruit saladMilk | Beef potato currybreadBananasMilk | Fish SticksFrench FriesFresh PineapplesMilk  |
| SNACK | Animal crackersOrange Juice |  Oatmeal Cream Pies  Apple juice  |  Veggie chips Apple juice | Cheese sticks crackersOrange juice | PopcornGrape Juice |

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|  **Oct 13 – Oct 17** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BREAKFAST | CerealFresh ApplesMilk | English Muffins BananasMilk | CroissantsFresh OrangesMilk |  PancakesAppleMilk  | Cereal Fresh BananasMilk |
| LUNCH | Cheese quesadillasVeggie MixTropical Fruit SaladMilk | Baked chickenMashed potatoBananaMilk | Chicken curry riceSaladYogurt PineappleMilk | Spaghetti W MeatBroccoli Fresh Cantaloupe Milk | Hot dogs on the bunFrench FriesBananasMilk |
| SNACK | Cheese StickscrackersOrange Juice | PB CrackerApple Juice | Cheese Crackers Apple juice | Pretzel RodsPineapple Juice | Fresh muffinsGrape Juice |

 Oct 20-Oct 24

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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BREAKFAST | CerealFresh orangesmilk  | Bagels with cream cheeseBananamilk | Mini croissantsOrangesmilk | OatmealApplesmilk  | Cereal of choiceBananamilk |
| LUNCH | Felafell sandwichFriesCantaloupemilk | Rice with chickenFresh saladCanned fruitmilk | Beef noodle soupToastBananamilk | Cheese pizzaSaladWatermelonmilk | Tuna salad sandwichFriesFruit saladmilk |
| SNACK | Mini muffinsApple juice | Chex mixApple juice | Animal crackersOrange juice | Veggie chipsGrape juice | Cheese sticksCrackersApple juice |

Oct 27- Oct 31

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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BREAKFAST | Fruity ringsFresh OrangesMilk | Whole WheatEnglish Muffins BananasMilk | Homemade Oatmeal Milk Fresh OrangesSlice | Pancakes Fresh Apples milk  | Multi-Grain Cereal Fresh BananasMilk |
| LUNCH | Hamburgers on the bunsfriesTropical Fruit SaladMilk | Potato chowder soupwheat toastBananasMilk | Mac N CheeseSaladFresh AppleMilk | Rice and chickensaladFresh Pineapple Milk | Spaghetti W MeatballSteamed VeggieBananasMilk |
| SNACK | Cinnamon bunsOrange Juice | PB&J sandwichesGrape Juice | Cheese Crackers Orange juice | Fig Newtown barsApple Juice | Graham CrackersGrape Juice |