

## MENU for October 2024

September 30-October 4

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG Cereal Fresh mandarin Milk	Bagels with Cream cheese, Bananas, Milk	Scrambled eggs, WG bread, Apples, Milk	Frozen Waffles, Fresh oranges Milk	WG Pancakes, Strawberry, Milk
Lunch	Chicken Pilaf Romaine salad Canned Peaches, Milk	Beef Spaghetti Fresh broccoli Apples, Milk	Lentil soup/ white rice Cucumber Slices, Watermelon Milk	Fish Fry/ French fries Banana Milk	Baked chicken tenders Mashed potatoes Oranges, Milk
Snack	Peanut Butter and Jelly Sandwiches	Pita bread pizza Grape juice	Yogurt with fruits Water	Animal crackers Fruit cups Water	Mozzarella sticks WG crackers Orange juice

October 7-11

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Wg cereal, fresh mandarins, Milk	Hot Cinnamon Oatmeal, Bananas, milk	Scrambled eggs, Apples WG bread, milk	Pancakes Fresh oranges Milk	Croissants with Jam, Strawberry, Milk
Lunch	Baked Beef pasta Roasted broccoli Banana Milk	Chicken wraps Cucumber Slices, Apples Milk	Kofta Kabobs with Pita, Cucumbers, Pears, Milk	Chicken Mac and cheese Roasted Broccoli, Pineapple, Milk	Tuna sandwiches Baked Chips, Carrot Sticks w/Ranch, Oranges Milk
Snack	Graham crackers Apple sauce Milk	Pita bread pizza grape juice	Yogurt with fruits water	animal crackers Fruit cups Water	Mozzarella sticks wG crackers orange juice

October 14-18

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	WG cereal Cheerios Fresh orange Milk	Whole grain Pancakes/Syrup fresh oranges, milk	French toast sticks Fresh orange slices Milk	Scrambled eggs WW toast, Milk	Croissant with chocolate, strawberry, milk
Lunch	Spaghetti Bolognese, Salad, Mixed Berries, Milk	Chicken Biryani, Yogurt, Cucumber Slices, Apples, Milk	Baked Chicken, Mashed Potato, Carrot Sicks, Pineapples, Milk	Chicken quesadilla, Roasted Broccoli, Oranges Milk	Chicken sandwich, Baked Chips, Bananas, Milk
Snack	cheese quesadilla, apple juice	Yogurt drink, graham crackers	cream cheese rolls Fresh fruit Milk	PB AND J sandwiches apple juice	Cheese sticks WG Crackers apple juice

October 21-25

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Wg cereal bananas, milk	Scrambled eggs W toast, fresh oranges, Milk	Croissants, with Jam, banana, milk	Bagels with cream cheese, strawberry, milk	WG waffle/ syrup fresh oranges milk
Lunch	Beef Nachos/ Corn, Veggie Slices, Grapes Milk *Beef Pasta	Baked Fish, White Rice, Salad Bananas, Milk	Beef spaghetti Cucumber Slices, Oranges Milk	Butter Chicken, Naan Fresh Salad, Pears, Milk	Beef hotdogs baked chips Apples, Milk Chicken pilaf
Snack	Applesauce, graham crackers	Yogurt with fruits water	PB/jelly sandwich Grape juice	Mini bagels pizza, apple juice	Cheese sticks, Crackers orange juice

October 28- Nov 1

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Breakfast	Wg cereal, fresh mandarins, Milk	Bagels with cream cheese, Bananas, milk	Scrambled eggs, Apples WG bread, milk	Pancakes Fresh oranges Milk	Croissants with Jam, Strawberry, Milk
Lunch	Chicken pilaf Salad Banana Milk	Chicken wraps Cucumber Slices, Apples Milk	Beef tacos Cucumbers, Pears, Milk	Chicken Mac and Cheese Roasted Broccoli, Pineapple, Milk	Tuna Sandwiches Baked Chips, Carrot Sticks w/Ranch, Oranges Milk
Snack	Graham crackers Apple sauce Milk	Pita bread pizza grape juice	Yogurt with fruits water	Animal crackers Fruit cups Water	Mozzarella sticks w Graham Crackers, Orange juice