

October 2018

		Toddlers -2yrs meals served with Whole Milk	2 yrs + meals served with 1% or Skim milk	All juices served are 100% juice
Date	Day	Breakfast	Lunch	Snack
10/1/18	Mon.	Blueberry or Vanilla Chex Cereal / Apple Juice	Popcorn Chicken with Ranch dipping Sauce/Apple Sauce/Corn	Cheese Its/Milk
10/2/18	Tues.	Cereal Bar/Milk	Macaroni and Cheese/Green Beans/Grapes/Brown Rice	Animal Crackers/Milk
10/3/18	Wed.	Life Cereal/Blueberries	Roast Beef & Cheese Pinwheels/Peaches/Cumcubmers with Ranch	Crackers/String Cheese
10/4/18	Thurs.	Muffins/Oranges	Cheese Ravioli/Salad/Pineapple	Graham Crackers/Milk
10/5/18	Fri.	Whole Grain French Toast Sticks/Apples	Turkey and Cheese Pinwheels/Celery/Peaches	Granola Bars/Milk
Date	Day	Breakfast	Lunch	Snack
10/8/18	Mon.	Waffles/Apples	Popcorn Chicken with Ranch dipping Sauce/Apple Sauce/Corn	Pretzels/Pickles
10/9/18	Tues.	Muffins/Grapes	Tacos/Salad/ Peaches	Chips/Salsa
10/10/18	Wed.	Pancakes/Bananas	Fruit Plate/Cheese Stick/WG Crackers/Yogurt	Cheese Its/Milk
10/11/18	Thurs.	Cereal Bar/Milk	Cheese Quesadilla/Cucumbers/Oranges	Cheese Stick/Crackers
10/12/18	Fri.	Life Cereal Blueberries	Hamburgers/Pickles/Mandarine Oranges	Wheat Thins/Milk
Date	Day	Breakfast	Lunch	Snack
10/15/18	Mon.	Cereal Bar/Milk	PB&J Sandwiches/Carrots/Oranges	Animal Crackers/Milk
10/16/18	Tues.	Chocolate/Blueberry Chex Cereal/Applejuice	Chicken Nuggets/Green Beans/Grapes	Granola Bars/Milk
10/17/18	Wed.	Muffins/Milk	Roast Beef & Cheese Pinwheels/Peaches/Cumcubmers with Ranch	Goldfish Crackers/Milk
10/18/18	Thurs.	Waffles/Oranges	Rigatoni/Salad/Peaches	Yogurt/String Cheese
10/19/18	Fri.	Whole Grain French Toast Sticks/Apples	Whole Grain Cheese Pizza/Celery/Pears	Pretzels/Milk
Date	Day	Breakfast	Lunch	Snack
10/22/18	Mon.	Life Cereal/Apple Juice	Meatball Subs/Salad/Peaches	Goldfish Crackers/Milk
10/23/18	Tues.	Muffins/Milk	Cheese Burgers/Pickles/Sweet Potato Fries/Oranges	Cheese Stick/Crackers
10/24/18	Wed.	Cereal Bar/Milk	Popcorn Chicken with Ranch dipping Sauce/Grapes/Whole Wheat Roll	Granola Bars/Milk
10/25/18	Thurs.	Waffles/Oranges	Grilled Cheese/Tomato Soup/Pineapple/Celery	Animal Crackers/Milk
10/26/18	Fri.	Chocolate/Blueberry Chex Cereal/Applejuice	Cheese Quesadilla/Carrots/Strawberry Yogurt	Cheese Its/Milk
Date	Day	Breakfast	Lunch	Snack
10/29/18	Mon.	Cereal Bar/Milk	Chicken Nuggets/Green Beans/Grapes	Wheat Thins/Milk
10/30/18	Tues.	Pancakes/Oranges	Fruit Plate/Cheese Stick/WG Crackers/Carrots with Hummus	Pretzels/Milk
10/31/18	Wed.	Muffins/Milk	PB&J Wraps/Cucumbers/Pears	Cheese Stick/Crackers
11/1/18	Thurs.	Life Cereal/Apple Juice	Chicken Patty on WG Bun/Corn/Pineapple	Graham Crackers/Milk
11/2/18	Fri.	Whole Grain French Toast Sticks/Apples	WG Cheese Pizza/Celery/Oranges	Cheese Its/Milk