

# October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p><b>2 Breakfast:</b> Wheat bagels with cream cheese</p> <p><b>Am Snack:</b> Pretzel sticks with watermelon</p> <p><b>Lunch:</b> Macaroni and cheese, broccoli, applesauce</p> <p><b>Pm Snack:</b> Veggie Wheat</p>	<p><b>3 Breakfast:</b> Oatmeal with raisins</p> <p><b>Am Snack:</b> Apple slices with Ritz crackers</p> <p><b>Lunch:</b> Turkey chili with black beans, cornbread muffins, pears</p> <p><b>Pm Snack:</b> Chex mix with</p>	<p><b>4 Breakfast:</b> Scrambled eggs with buttered toast</p> <p><b>Am Snack:</b> Veggie sticks with ranch dressing</p> <p><b>Lunch:</b> Chicken soft tacos, Spanish rice, pineapples</p> <p><b>Pm Snack:</b> Wheat crackers with sliced cheese</p>	<p><b>5 Breakfast:</b> Waffles with blueberries/syrup</p> <p><b>Am Snack:</b> Bananas with animal crackers</p> <p><b>Lunch:</b> Spinach and cheese pizza, garden salad w/ranch, oranges</p> <p><b>Pm Snack:</b> Granola bars and</p>	<p><b>6 Breakfast:</b> Fruity Cheerios with sliced bananas</p> <p><b>Am Snack:</b> Vanilla Greek yogurt w/strawberries</p> <p><b>Lunch:</b> Fish sticks, green beans, pears</p> <p><b>Pm Snack:</b> Goldfish</p>	7
8	<p><b>9 Breakfast:</b> Raisin Bread with sliced apples</p> <p><b>Am snack:</b> Ritz crackers with cheese sticks</p> <p><b>Lunch:</b> Chicken tortellini pasta, rolls, pears</p> <p><b>Pm Snack:</b> Rice Cakes with apple butter</p>	<p><b>10 Breakfast:</b> Sausage Biscuit</p> <p><b>Am Snack:</b> Fruit Smoothies with animal crackers</p> <p><b>Lunch:</b> Turkey burgers, green beans, pineapples</p> <p><b>Pm Snack:</b> Wheat crackers with watermelon</p>	<p><b>11 Breakfast:</b> Scrambled eggs with hash browns</p> <p><b>Am Snack:</b> Tortilla chips with guacamole</p> <p><b>Lunch:</b> Chicken &amp; rice, pinto beans, pears</p> <p><b>Pm Snack:</b> Graham crackers with applesauce</p>	<p><b>12 Breakfast:</b> Bean and cheese tacos</p> <p><b>Am Snack:</b> Pita chips with hummus</p> <p><b>Lunch:</b> Homemade vegetable soup, breadsticks mandarin oranges</p> <p><b>Pm Snack:</b> Cantaloupe with</p>	<p><b>13 Breakfast:</b> Cornflakes with sliced strawberries</p> <p><b>Am Snack:</b> Orange slices with pretzel sticks</p> <p><b>Lunch:</b> Chicken salad sandwiches, fresh broccoli/cauliflower, applesauce</p> <p><b>Pm Snack:</b> Bananas w/ vanilla</p>	14
15	<p><b>16 Breakfast:</b> English muffins with strawberry preserves</p> <p><b>Am Snack:</b> veggie sticks with orange slices</p> <p><b>Lunch:</b> Turkey bowtie pasta, garden salad with dressing, grapes</p> <p><b>Pm Snack:</b> Fig newtons</p>	<p><b>17 Breakfast:</b> Vanilla Greek Yogurt with Granola and blueberries</p> <p><b>Am Snack:</b> Ritz Crackers with cube cheese</p> <p><b>Lunch:</b> Chicken teriyaki with green peppers, onions, rice, oranges</p> <p><b>Pm Snack:</b> Nutri grain bars</p>	<p><b>18 Breakfast:</b> Turkey sausage and egg tacos</p> <p><b>Am Snack:</b> Granola Bars with apple butter</p> <p><b>Lunch:</b> Turkey taco salad, pinto beans, pears</p> <p><b>Pm Snack:</b> Pita chips with salsa</p>	<p><b>19 Breakfast:</b> Oatmeal with buttered toast</p> <p><b>Am Snack:</b> Fruit smoothies with graham crackers</p> <p><b>Lunch:</b> Cheese ravioli with marinara, Broccoli Normandy, applesauce</p> <p><b>Pm Snack:</b> Wheat crackers with hummus</p>	<p><b>20 Breakfast:</b> Multi grain cheerios with sliced strawberries</p> <p><b>Am Snack:</b> Pears with Mozzarella string cheese</p> <p><b>Lunch:</b> BBQ baked chicken, corn, mandarin oranges</p> <p><b>Pm Snack:</b> S'more mix</p>	21
22	<p><b>23 Breakfast:</b> Waffles with syrup and blueberries</p> <p><b>Am Snack:</b> Cinnamon applesauce with animal crackers</p> <p><b>Lunch:</b> Grilled cheese sandwich w/tomato soup, orange slices</p> <p><b>Pm snack:</b> Broccoli/ carrots with ranch</p>	<p><b>24 Breakfast:</b> Blueberry muffins</p> <p><b>Am Snack:</b> orange slices with pretzel sticks</p> <p><b>Lunch:</b> Chicken pot pie with red potatoes, mixed vegetables, applesauce</p> <p><b>Pm Snack:</b> Snax mix</p>	<p><b>25 Breakfast:</b> Scramble eggs with has browns</p> <p><b>Am Snack:</b> Wheat crackers with hummus</p> <p><b>Lunch:</b> Cheese enchiladas, Spanish rice, pears</p> <p><b>Pm Snack:</b> Pita chips with ranch dip</p>	<p><b>26 Breakfast:</b> Biscuits with strawberry jam</p> <p><b>Am Snack:</b> Bananas &amp; vanilla wafers</p> <p><b>Lunch:</b> Baked ziti with mozzarella, seasoned green beans, pineapples</p> <p><b>Pm Snack:</b> Granola Bars</p>	<p><b>27 Breakfast:</b> Cinnamon Oatmeal with buttered toast</p> <p><b>Am Snack:</b> Strawberry yogurt with granola</p> <p><b>Lunch:</b> Turkey &amp; cheese wraps with lettuce/tomato, veggie sticks, grapes</p> <p><b>Pm Snack:</b> Goldfish</p>	28
29	<p><b>30 Breakfast:</b> Cereal with fruit</p> <p><b>Am Snack:</b> Vanilla wafers with bananas</p> <p><b>Lunch:</b> Turkey sloppy joes, fries, pineapples</p> <p><b>Pm Snack:</b> Cheese nips</p>	<p><b>31 Breakfast:</b> Bean &amp; cheese tacos</p> <p><b>Halloween classroom parties!</b></p>				