

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Breakfast: Wheat bagels w/ cream cheese & strawberry jam AM Snack: Pretzel sticks w/ watermelon Lunch: Macaroni & cheese, broccoli, applesauce PM Snack: Wheat thins &	3 Breakfast: Oatmeal w/ raisins AM Snack: Apple slices w/ Ritz crackers Lunch: Turkey chili w/ black beans, cornbread, muffins PM Snack: Chex mix	4 Breakfast: Scramble eggs w/toast AM Snack: Veggie sticks w/ranch dressing Lunch: Chicken soft tacos, Spanish rice, peaches PM: Wheat crackers w/slice cheese	5 Breakfast: Waffles w/blueberries, syrup AM Snack: Bananas w/organic animal cookies Lunch: Spinach and cheese pizza, garden salad w/ ranch, oranges PM Snack: Granola bar and	6 Breakfast: Fruity cheerios w/sliced bananas AM Snack: Vanilla Greek yogurt w/strawberries Lunch: Fish Sticks, green beans, fruit cocktail PM Snack: Goldfish w/juice	7
8	9 Breakfast: Cinnamon Toast w/ sliced apples AM Snack: Ritz crackers w/ cheese dip Lunch: Chicken with tortellini pasta roll, pears PM Snack: Rice cakes w/apple	10 Breakfast: Sausage Biscuits AM Snack: Fruit smoothies w/ animal cookies Lunch: Turkey Burgers, green beans, fruit cocktail PM Snack: Wheat crackers w/ watermelon	11 Breakfast: Scrambled eggs w/hash browns AM Snack: Tortilla chips w/ guacamole Lunch: Chicken and rice, pinto beans, peaches PM: Graham crackers applesauce	12 Breakfast: Bean and cheese tacos AM Snack: Pita chips w/hummus Lunch: Homemade vegetable soup, breadsticks, mandarin oranges PM Snacks: Cantaloupe w/Chex mix	13 Breakfast: Cornflakes w/sliced strawberries AM Snack: Orange slices w/pretzel sticks Lunch: Chicken Salad sandwiches, broccoli/cauliflower, applesauce PM Snack: Bananas w/ wafers	14
15	16 Breakfast: English Muffins w/ strawberry jam AM Snack: Veggie Sticks w/ orange slices Lunch: Turkey Boutie pasta, garden salad w/dressing, fruit Pm: Fig Neutons w/apple sauce	17 Breakfast: Vanilla Greek Yogurt w/ granola and blueberries AM Snack: Ritz crackers w/cube cheese Lunch: Chicken Teriyaki w/ green peppers, rice, peaches PM Snack: Nutri grain bars w/ bananas	18 Breakfast: Turkey Sausage and egg tacos AM Snack: Granola bars w/apple butter Lunch: Turkey Taco Salad, Pinto Beans, Pears PM Snack: Pita Chips w/salsa	19 Breakfast: Oatmeal w/buttered toast AM Snack: Fruit smoothies/ graham crackers Lunch: Cheese ravioli w/ marinara, broccoli normandy, applesauce PM Snack: Wheat crackers w/ hummus	20 Breakfast: Multi Grain Cheerios w/ sliced strawberries AM Snack: Pears w/mozzarella string cheese Lunch: BBQ baked chicken, corn, mandarin oranges PM Snack: S'more mix w/juice	21
22	23 Breakfast: Blueberry Muffins AM Snack: orange slices w/ pretzel sticks Lunch: Grilled Cheese sandwich w/ tomato soup, orange slices PM Snack: Broccoli/carrots with ranch	24 Breakfast: Blueberry Muffins AM Snack: Orange slices w/pretzel sticks Lunch: Chicken Pot Pie w/red potatoes , mixed vegetables, peaches PM Snack: Chex mix w/apple slices	25 Breakfast: Scramble eggs w/hash browns AM Snack: Wheat crackers w/ hummus Lunch: Cheese enchiladas, Spanish rice, fruit cocktail PM Snack: Pita chips w/ ranch	26 Breakfast: Biscuits w/strawberry jam AM Snack: Bananas and vanilla wafers Lunch: Baked ziti w/ mozzarella, green beans, pineapples PM Snack: Granola bar w/apple	27 Breakfast: Cinnamon oatmeal w/ buttered toast AM Snack: Strawberry yogurt w/ granola Lunch: Turkey& cheese wraps w/ lettuce, tomatoes, veggie sticks and pears PM Snack: gold fish w/bananas	28
29	30 Breakfast: Cereal w/fruit AM Snack: Vanilla Wafers w/ bananas Lunch: Turkey sloppy joes, baked fries, pineapples PM Snack: Cheese Nips w/raisins	31 Halloween Parties				Breakfast is served with milk and optional orange juice. ***Menu items may change due as needed***

We believe children should be "Hugged first then taught"