

# October

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Milk, Scrambled eggs, toast, peach slices	2 Milk, rice crispies, banana slices
5 Milk, pancakes, mandarin oranges	6 Milk, french toast sticks, apple slices	7 Milk, nutrigrain bar, blueberries	8 Milk, sausage, pancakes, mango	9 Milk, oatmeal, raisins
12 Milk, cheerios, strawberries	13 Milk, pancakes, blueberries	14 Milk, scrambled eggs, toast, peaches	15 Milk, french toast sticks, banana	16 Milk, rice crispies, apple slices
19 Milk, sausage, pancakes, mango	20 Milk, scrambled eggs, toast, peaches	21 Milk, nutrigrain bar, blueberries	22 Milk, french toast sticks, apple slices	23 Milk, oatmeal, raisins
26 Milk, oatmeal, raisins	27 Milk, rice crispies, banana slices	28 Milk, sausage, pancakes, mango	29 Milk, nutrigrain bar, blueberries	30 Milk, spooky scrambled eggs, haunted toast, scary fruit

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Milk, chicken nuggets, celery, blueberries	2 Milk, mac and cheese, salad, mixed fruit
5 Milk, chicken patties, salad, mixed fruit	6 Milk, beef and noodles, sugar snap peas, apple slices	7 Milk, pizza on whole grain english muffins, carrots and peas, mango	8 Milk, chicken and dumplings, mixed veggies, strawberries	9 Milk, Sandwiches in whole grain pita pockets, salad, blueberries
12 Milk, chicken alfredo, mixed veggies, apple slices	13 Milk, fish sticks, potatoes, pears	14 Milk, chicken pot pie, mixed veggies, peaches	15 Milk, spaghetti, green beans, strawberries	16 Milk, chicken nuggets, celery, blueberries
19 Milk, spaghetti, green beans, strawberries	20 Milk, mac and cheese, salad, mixed fruit	21 Milk, hot dogs, green beans, apple sauce	22 Milk, chicken alfredo, mixed veggies, apple slices	23 Milk, fish sticks, potatoes, pears
26 Milk, pizza on whole grain english muffins, carrots and peas, mango	27 Milk, chicken and dumplings, mixed veggies, strawberries	28 Milk, chicken patties, salad, mixed fruit	29 Milk, beef and noodles, sugar snap peas, apple slices	30 Milk, spooky spaghetti, with haunted meatballs, carrot stickss, strawberries

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Milk, pretzels	2 Milk, carrot sticks
5 Milk, grapes	6 Milk, cheese and crackers	7 Milk, yogurt	8 Milk, peanut butter crackers	9 Milk, apple slices
12 Milk, cheese stick	13 Milk, crackers	14 Milk, pretzels	15 Milk, carrot sticks	16 Milk, grapes
19 Milk, cheese and crackers	20 Milk, yogurt	21 Milk, peanut butter crackers	22 Milk, apple slices	23 Milk, cheese stick
26 Milk, crackers	27 Milk, pretzels	28 Milk, carrot sticks	29 Milk, grapes	30 Milk, spooky snack

Snack