



# OCTOBER MENU 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1.</b> <b>Breakfast:</b> Mixed Muffins, Pineapple, <b>Lunch:</b> Penna Pasta w/ Meatballs, Romaine Lettuce w/shredded Carrots, Italian Bread, Apple Sauce <b>Snack:</b> Goldfish, Apple Juice</p>	<p><b>2.</b> <b>Breakfast:</b> Bagels/w Cream Cheese, Mixed Fruit, Milk <b>Lunch:</b> BBQ Pork Rib Pork, Sliced of Whole Grain Bread (WG), Green Beans, Oranges, <b>Snack:</b> Animals Crackers, Strawberries, Water</p>	<p><b>3.</b> <b>Breakfast:</b> Cheerios (WG), Peaches, Milk <b>Lunch:</b> Cheeseburger on a bun, Tater Tots, Peas &amp; Carrots, Pineapple <b>Snacks:</b> Graham Crackers, Milk</p>	<p><b>4.</b> <b>Breakfast:</b> Waffles, (WG) /w Syrup, Sliced Apples <b>Lunch:</b> Red Beans, White Rice, Mixed Veggies, Peaches, <b>Snack:</b> Chex Party Mix, Apple Juice</p>	<p><b>5.</b> <b>Breakfast:</b> Croissants /w Jelly or Butter, Orange <b>Lunch:</b> Hotdogs on a Whole Grain Bun (WG), Overs Fries/w Ketchup, Sliced Pears <b>Snack:</b> Club Crackers, String Cheese, Orange, Water</p>
<p><b>8.</b> <b>Breakfast:</b> Cornflakes, Sliced Banana, <b>Lunch:</b> Spaghetti w/Meat Sauce, Sliced Cuban Bread, Romaine Lettuce/w Shredded Carrots, Peas, Pineapple <b>Snack:</b> Goldfish (WG), Milk</p>	<p><b>10.</b> <b>Breakfast:</b> Scrambles Eggs, Toast (WG), Orange Juice, Milk <b>Lunch:</b> Sloppy Joe on a Bun, Green Beans, Peaches, Milk <b>Snack:</b> Pretzels, Grapes, Water</p>	<p><b>11.</b> <b>Breakfast:</b> English Muffins (WG) /w Butter or Jelly, Applesauce <b>Lunch:</b> Fish Sticks, Mac &amp; Cheese, Corn, Orange <b>Snack:</b> Yogurt, Pears, Water</p>	<p><b>12.</b> <b>Breakfast:</b> Biscuits/ w Butter or Jelly, Sliced Strawberries <b>Lunch:</b> Chicken Sandwich on Bun (WG), Mixed Veggie, Oranges, Milk <b>Snack:</b> Ritz Bits Crackers with Cheese, Apple Juice</p>	<p><b>13.</b> <b>Breakfast:</b> French Stick w/ Syrup, Pineapple <b>Lunch:</b> Ham &amp; Cheese Roll Up on Soft Tortillas (WG), Sweet Peas, Pineapple <b>Snack:</b> Apple Slice, Saltine Crackers, Sliced Cheese, Water</p>
<p><b>15.</b> <b>Breakfast:</b> Pancakes w/Syrup, Peaches, <b>Lunch:</b> Beef Ravioli, Cuban Bread, Romaine Lettuce w/Carrots, Corn, Pears, <b>Snack:</b> Wheat Thins Crackers (WG), Apple Slices</p>	<p><b>16.</b> <b>Breakfast:</b> Rice Crispy Cereal, Sliced Banana <b>Lunch:</b> Chicken Sandwich on a Bun (WG), Mixed Veggie, Oranges <b>Snack:</b> Tortilla Chip, Cheese Sauce, Grape Juice</p>	<p><b>17.</b> <b>Breakfast:</b> Cinnamon Toast, Applesauce <b>Lunch:</b> Yellow Rice, Sliced Hotdogs, Peas &amp; Carrots, Apple Slices <b>Snacks:</b> PB&amp;J Sandwiches (WG), Milk</p>	<p><b>18.</b> <b>Breakfast:</b> Whole Grain Toast w/Butter or Jelly, Mixed Fruit <b>Lunch:</b> Salisbury Steak w/Gravy, Mashed Potatoes, Green Beans, Mixed Fruit <b>Snack:</b> Cheese -it Crackers, Grapes, Water</p>	<p><b>19.</b> <b>Breakfast:</b> Mixed Muffins, Orange Juice, Peaches <b>Lunch:</b> Turkey &amp; Cheese Sandwich (WG), Corn, Apple Sauce <b>Snack:</b> Animals Crackers, Strawberries, Water</p>
<p><b>22.</b> <b>Breakfast:</b> Bagels w/Cream Cheese or Butter, Mixed Fruit <b>Lunch:</b> Baked Ziti w/Cheese, sliced Whole Grain Bread (WG), Romaine Lettuce w/Carrots, Corn, Peaches, Milk <b>Snacks:</b> Graham Crackers, Milk</p>	<p><b>23.</b> <b>Breakfast:</b> Mixed Muffins, Peaches <b>Lunch:</b> Chicken Nuggets, Brown Rice (WG), Broccoli, Oranges <b>Snack:</b> Chex Party Mix, Grapes, Water</p>	<p><b>24.</b> <b>Breakfast:</b> Waffles (WG) / w Syrup, Pineapple <b>Lunch:</b> Ground Beef, White Rice, Pea &amp; Carrots, Peaches <b>Snack:</b> Club Crackers, String Cheese, Oranges, Water</p>	<p><b>25.</b> <b>Breakfast:</b> Cheerios (WG), Sliced Banana, <b>Lunch:</b> Mini Corn Dogs, Tater Tat, Green Beans, Pears <b>Snack:</b> Goldfish, Milk</p>	<p><b>26.</b> <b>Breakfast:</b> Croissants /w Jelly or Butter, Sliced Strawberries <b>Lunch:</b> Tuna Salad w/Saltine Crackers, Peas, Mixed Fruit <b>Snack:</b> Cheese it Cracker, Apple Juice</p>
<p><b>29.</b> <b>Breakfast:</b> French Cinnamon Swirl Toast/w Syrup, Peaches <b>Lunch:</b> Beef Ravioli, Italian Bread, Lettuce w/Shredded Carrots, Peaches <b>Snack:</b> Tortilla Chips w/Cheese Sauce, Apple Juice</p>	<p><b>30.</b> <b>Breakfast:</b> Bagels w/Cream Cheese, Pears <b>Lunch:</b> Beef Pizza, Corn, Apple Sauce <b>Snack:</b> PB &amp; J Sandwich on Whole Grain Bread (WG), Milk</p>	<p><b>31.</b> <b>Breakfast:</b> Whole Grain English Muffins (WG) <b>Lunch:</b> Sliced Hot dogs w/Baked Beans, Pea &amp; Carrots, Orange, Milk <b>Snack:</b> Pretzels, Peaches</p>	<p><b>Breakfast &amp; Lunch Always Served w/Milk</b></p>	