



October



<p><u>28th Breakfast</u> Sliced Apples Kix Cereal</p> <p><u>Lunch</u> Ziti w/ Meat Sauce Peas Mandarin Oranges</p> <p><u>Snack</u> 100 % Juice Gold Fish Crackers</p>	<p><u>29th Breakfast</u> Bananas Waffles & Turkey Sausage Sugar Free Syrup</p> <p><u>Lunch</u> Turkey Hot Dog Corn Sliced Peaches WW Bun</p> <p><u>Snack</u> Rice Cakes Hummus</p>	<p><u>30th Breakfast</u> Sliced Pears WW Bagel Cream Cheese</p> <p><u>Lunch</u> Chicken Mac & Cheese Broccoli Strawberries</p> <p><u>Snack</u> Graham Crackers Low Fat Vanilla Yogurt</p>	<p><u>1st Breakfast</u> Grapes WW English Muffin Soy Nut Butter</p> <p><u>Lunch</u> Ham & Scalloped Potatoes Corn Unsweetened Applesauce Breadstick</p> <p><u>Snack</u> Soft Pretzel Cheddar Cheese Cubes</p>	<p><u>2nd Breakfast</u> Blueberries Biscuit Jelly/Butter</p> <p><u>Lunch</u> Cheesy Pizza Salad w/ Cucumbers & Garbanzo Beans Sliced Apples</p> <p><u>Snack</u> 100 % Juice Cheez-Its</p>
<p><u>5th Breakfast</u> Apple Slices Toasted Oats</p> <p><u>Lunch</u> Sloppy Joe Peas Sliced Peaches WW Bun</p> <p><u>Snack</u> Pretzels Cheese Stick</p>	<p><u>6th Breakfast</u> Bananas Blueberries WW Waffles Sugar Free Syrup</p> <p><u>Lunch</u> Ham & Scalloped Potatoes Corn Mandarin Oranges Biscuit</p> <p><u>Snack</u> Carrots & Cucumbers w/ Ranch Rice Cakes</p>	<p><u>7th Breakfast</u> Bananas WW Bagels Cream Cheese</p> <p><u>Lunch</u> Chicken & Cheese Quesadillas Green Beans Grapes WW Tortilla/Salsa</p> <p><u>Snack</u> 100 % Juice Goldfish</p>	<p><u>8th Breakfast</u> Watermelon French Toast & Turkey Sausage Sugar Free Syrup</p> <p><u>Lunch</u> Meatball Sub Carrots Unsweetened Applesauce WW Bun</p> <p><u>Snack</u> Broccoli w/ Ranch Ritz Crackers</p>	<p><u>9th Breakfast</u> Strawberries Biscuits Jelly/Butter</p> <p><u>Lunch</u> Cheesy Pizza Salad w/ Cucumbers & Garbanzo Beans Sliced Apples</p> <p><u>Snack</u> Graham Crackers Low Fat Vanilla Yogurt</p>
<p><u>12th Breakfast</u> Apple Slices Kix Cereal</p> <p><u>Lunch</u> BBQ Chicken Broccoli Sliced Pears WW Bun</p> <p><u>Snack</u> Soft Pretzel Cheese Cubes</p>	<p><u>13th Breakfast</u> Bananas Belvita Breakfast Bar</p> <p><u>Lunch</u> Ziti w/ Meat Sauce Peas Unsweetened Applesauce Biscuit</p> <p><u>Snack</u> 100 % Juice Goldfish Crackers</p>	<p><u>14th Breakfast</u> Grapes WW English Muffins</p> <p><u>Lunch</u> Turkey Hot Dog Broccoli Mandarin Oranges</p> <p><u>Snack</u> Saltines Hummus</p>	<p><u>15th Breakfast</u> Watermelon Pancakes & Turkey Sausage Sugar Free Syrup</p> <p><u>Lunch</u> Chicken w/ Rice Carrots Sliced Peaches</p> <p><u>Snack</u> Blueberries Low Fat Vanilla Yogurt</p>	<p><u>16th Breakfast</u> Strawberries Biscuits Jelly/Butter</p> <p><u>Lunch</u> Cheesy Pizza Salad w/ Cucumbers & Garbanzo Beans Sliced Apples</p> <p><u>Snack</u> 100 % Juice Cheez-Its</p>



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<p>19th Breakfast Apple Slices Kashi Cereal</p> <p>Lunch Grilled Cheese Green Beans Unsweetened Applesauce</p> <p>Snack 100 % Juice Goldfish Crackers</p>	<p>20th Breakfast Bananas Pancakes & Turkey Sausage Sugar Free Syrup</p> <p>Lunch Taco Tuesday Corn/Lettuce Sliced Peaches WW Tortilla</p> <p>Snack Pretzels Cheese Sticks</p>	<p>21st Breakfast Grapes WW English Muffin</p> <p>Lunch Chicken Mac & Cheese Mixed Veggies Sliced Pears</p> <p>Snack Blueberries Low Fat Vanilla Yogurt</p>	<p>22nd Breakfast Watermelon WW Waffle Sugar Free Syrup</p> <p>Lunch Cheese Burgers Baked Beans Mandarin Oranges</p> <p>Snack Broccoli w/ Ranch Ritz Crackers</p>	<p>23rd Breakfast Strawberries Biscuit Jelly/Butter</p> <p>Lunch Cheesy Pizza Salad w/ Cucumbers & Garbanzo Beans Apple Slices</p> <p>Snack Bananas Graham Crackers</p>
<p>26th Breakfast Apple Slices Chex Cereal</p> <p>Lunch Ziti w/ Meat Sauce Peas Mandarin Oranges Biscuit</p> <p>Snack 100 % Juice Goldfish Crackers</p>	<p>27th Breakfast Bananas Waffle & Turkey Sausage Sugar Free Syrup</p> <p>Lunch Turkey Hot Dog Corn Sliced Peaches WW Hot Dog Roll</p> <p>Snack Rice Cakes Hummus</p>	<p>28th Breakfast Sliced Pears WW Bagels Cream Cheese</p> <p>Lunch Chicken Macaroni & Cheese Fresh Broccoli Strawberries</p> <p>Snack Graham Crackers Low Fat Vanilla Yogurt</p>	<p>29th Breakfast Grapes WW English Muffins</p> <p>Lunch Ham & Scalloped Potatoes Corn Unsweetened Applesauce Bread Stick</p> <p>Snack Soft Pretzel Cheddar Cheese Cubes</p>	<p>30th Breakfast Blueberries Biscuits</p> <p>Lunch Cheesy Pizza Salad w/ Cucumbers & Garbanzo Beans Apple Slices</p> <p>Snack 100% Juice Cheez-Its</p>

Notes:

- This menu is peanut free
- Whole milk is served to 2 years & under
- 1% milk is served to 2 years & up



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