



# OCTOBER

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>28</p> <p><b><u>Breakfast</u></b> Grapefruit Whole wheat toast</p> <p><b><u>Lunch</u></b> Chicken Patty Sweet potatoes Peaches Hamburger Bun</p> <p><b><u>Snack</u></b> Cheddar cheese cube Pretzels (infants-crackers)</p>	<p>29</p> <p><b><u>Breakfast</u></b> Bananas Corn Flakes</p> <p><b><u>Lunch</u></b> Turkey Goulash Peas Fruit cocktail</p> <p><b><u>Snack</u></b> Graham crackers Vanilla yogurt</p>	<p>30</p> <p><b><u>Breakfast</u></b> Cantaloupe Bagel</p> <p><b><u>Lunch</u></b> Cheesy pizza Garbanzo beans Salad (peas/carrots infant) Mango</p> <p><b><u>Snack</u></b> Wheat thins Sun Butter (infant-fruit)</p>	<p>1</p> <p><b><u>Breakfast</u></b> Strawberries Rice Crispies</p> <p><b><u>Lunch</u></b> Quiche Applesauce Toast</p> <p><b><u>Snack</u></b> Carrots &amp; cucumbers Infants-fruit Triscuits</p>	<p>2</p> <p><b><u>Breakfast</u></b> Blueberry pancakes</p> <p><b><u>Lunch</u></b> Sun Butter/jelly sandwich Cheese stick Cooked carrots Pears</p> <p><b><u>Snack</u></b> Honeydew Goldfish</p>
<p>5</p> <p><b><u>Breakfast</u></b> Mixed Fruit Raisin Bran</p> <p><b><u>Lunch</u></b> Cheese Quesadillas Corn Apple slices</p> <p><b><u>Snack</u></b> Tropical fruit Cheeze-its</p>	<p>6</p> <p><b><u>Breakfast</u></b> Bananas Life cereal</p> <p><b><u>Lunch</u></b> Meatball subs Cauliflower Pineapple</p> <p><b><u>Snack</u></b> Ritz crackers Cheese cubes</p>	<p>7</p> <p><b><u>Breakfast</u></b> Mandarin Oranges Raisin toast</p> <p><b><u>Lunch</u></b> Macaroni &amp; cheese Baked beans Peaches</p> <p><b><u>Snack</u></b> Matzo crackers Blueberries</p>	<p>8</p> <p><b><u>Breakfast</u></b> Blackberries Cheerios</p> <p><b><u>Lunch</u></b> Tuna Sandwich Cucumbers Pears</p> <p><b><u>Snack</u></b> Watermelon Oyster crackers</p>	<p>9</p> <p><b><u>Breakfast</u></b> Grape halves Infants-other fruit Mini bagels</p> <p><b><u>Lunch</u></b> Egg salad sandwich Green beans Applesauce</p> <p><b><u>Snack</u></b> Carrots Hummus</p>
<p>12</p> <p><b><u>Breakfast</u></b> Kiwi English muffin</p> <p><b><u>Lunch</u></b> Ham &amp; Cheese sandwich Broccoli &amp; Pineapple</p> <p><b><u>Snack</u></b> Apple slices (applesauce infants) Sun Butter (crackers-inf)</p>	<p>13</p> <p><b><u>Breakfast</u></b> Strawberries Cheerios</p> <p><b><u>Lunch</u></b> Tacos Corn Tomatoes</p> <p><b><u>Snack</u></b> Watermelon Corn Bread muffins</p>	<p>14</p> <p><b><u>Breakfast</u></b> Bananas Wheat Chex</p> <p><b><u>Lunch</u></b> Sloppy Joes Salad Applesauce</p> <p><b><u>Snack</u></b> Guacamole (other fruit infants) Saltines</p>	<p>15</p> <p><b><u>Breakfast</u></b> Blueberry waffles</p> <p><b><u>Lunch</u></b> Tuna Casserole Peas/Carrots Peaches</p> <p><b><u>Snack</u></b> Rice Cakes Sun Butter (other fruit infants)</p>	<p>16</p> <p><b><u>Breakfast</u></b> Baked Oatmeal Raspberries</p> <p><b><u>Lunch</u></b> Grilled Cheese Squash Pears</p> <p><b><u>Snack</u></b> Pita Bread Yogurt</p>
<p>19</p> <p><b><u>Breakfast</u></b> Blueberry Muffin</p> <p><b><u>Lunch</u></b> Chicken &amp; Rice Peas Mandarin oranges</p> <p><b><u>Snack</u></b> Raisins (not infants) Club crackers</p>	<p>20</p> <p><b><u>Breakfast</u></b> Pears Wheat Chex</p> <p><b><u>Lunch</u></b> Turkey &amp; cheese sandwich Broccoli/cauliflower/carrot Peaches</p> <p><b><u>Snack</u></b> Yogurt/Berry smoothies</p>	<p>21</p> <p><b><u>Breakfast</u></b> Raspberries &amp; Kix</p> <p><b><u>Lunch</u></b> Chicken Parmesan Applesauce Mixed veggies</p> <p><b><u>Snack</u></b> Apricots Pretzels</p>	<p>22</p> <p><b><u>Breakfast</u></b> Tater tot casserole</p> <p><b><u>Lunch</u></b> SB &amp; Banana roll up Corn Cheese stick</p> <p><b><u>Snack</u></b> Pumpnickel Bread Cottage cheese</p>	<p>23</p> <p><b><u>Breakfast</u></b> Pineapple French toast</p> <p><b><u>Lunch</u></b> Meatloaf &amp; Green beans Tropical fruit couscous</p> <p><b><u>Snack</u></b> Apple slices (sauce) wheat thins</p>

