

# October



AM SNACK 5	AM SNACK 6	AM SNACK 7	AM SNACK 8	AM SNACK 9
Strawberry Yogurt	Cinnamon Raisin Bread	Ambrosia	Bagel & Cream Cheese	Oatmeal Bake
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Vegetarian Chili Fresh Garden Salad Mandarin Oranges	National Noodle Day Beef & Noodles Mixed Vegetables Chilled Peaches	Pick a Recipe Day	Chicken & Rice Broccoli Applesauce	Turkey & Cheese Sandwich Potato Soup Bananas
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Cheese & Crackers	Animal Crackers	Granola Bar	Cheez- its	Carrots & Snow Peas w/ Crackers
AM SNACK 12	AM SNACK 13	AM SNACK 14	AM SNACK 15	<b>Closed For Professional Development</b>
Bananas	Cereal Mix	Applesauce	Cottage Cheese & Crackers	
LUNCH	LUNCH	LUNCH	LUNCH	
Farmers Day-Veggie Pita Pocket Carrot Salad Melon	Sweet & Sour Chicken Lo Mein Noodles Cucumber Salad	Swedish Meatballs Rice Mixed Vegetables Pineapple	National Cheese Day Sausage Links w/ Scrambled Eggs Biscuits Grapes	
PM SNACK	PM SNACK	PM SNACK	PM SNACK	
Goldfish	Hummus & Tortillas	Pickles & Olives	String Cheese	
AM SNACK 19	AM SNACK 20	AM SNACK 21	AM SNACK 22	AM SNACK 23
English Muffins w/Jelly	Fruit Bars	National Apple Day	Banana Muffins	Granola Bars
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Cheese Quesadilla Celery & Carrot Sticks Chilled Pears	Chicken & Noodles Sweet Green Peas Chilled Fruit Cocktail	Pick a Recipe Day	Salisbury Steak Mashed Potatoes Green Beans	Taco Day Lettuce, Tomatoes Cheese Applesauce
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Goldfish	Cheese & Crackers	Trail Mix	Pepperoni & Crackers	Vanilla Wafers
AM SNACK 26	AM SNACK 27	AM SNACK 28	AM SNACK 29	AM SNACK 30
French Toast Sticks	Cinnamon Pear Halves	Sausage Bites	Oatmeal Bake	Fruit Bar
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Grilled Cheese National Pumpkin Day Pumpkin Soup Pears	Beanie Weenies Carrot & Celery Sticks Cinnamon Apples	Chicken Fritter Sandwich French Fries Mandarin Oranges	Beef Stew Broccoli Pineapple Tidbits	Ravioli Salad Chilled Peaches
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Pumpkin Bread	Belvita Crackers	Jell-O	String Cheese	Cheez-its