

OCTOBER BREAKFAST

MON

TUES

WED

THURS

FRI

30

DREAMS

1

Frosted Mini
Wheats
Vanilla Bear
Grahams
Applesauce Cup
Fruit Punch

2

Plain Bagel
Cream Cheese
Peach Cup
Grape Juice

3

Strawberry Pop
Tart
Mixed Fruit Cup
Orange Juice

4

**NO
SCHOOL**

7

Special K
Graham
Crackers
Apple Juice
Pineapple cup

8

Corn Flakes
Vanilla Bear
Grahams
Peach Applesauce
Fruit Punch

9

Corn Chex
Apple
Cinnamon
Muffin
Orange Cup
Orange Juice

10

Honey Scooters
Cereal
Chocolate Loaf
Fresh Orange

11

Super Donut
Mixed
Fruit Cup
Grape Juice

14

**NO
SCHOOL**

15

Toasted Oats
Cereal
Chocolate
Tiger Bites
Fresh Pear

16

Cinnamon
Raisin Bagel
Cream Cheese
Fresh Orange

17

Krispy Rice
Cereal
Corn Muffin
Strawberry Kiwi
Juice
Peach Cup

18

Corn Chex
Cereal
Banana Muffin
Mixed Fruit Cup
Apple Juice

21

Corn Flakes
Scooby Snacks
Applesauce
Grape Juice

22

Super
Donut
Fresh Orange

23

**NO
SCHOOL**

24

Frosted
Mini Wheats
Bran Muffin
Fresh Apple

25

Poffitz Pancakes
Strawberry Kiwi
Juice
Diced Pear Cup

28

Cheerios
Corn Muffin
Applesauce Cup
Grape Juice

29

Krispy Rice
Cereal
Chat Snax
Peach Cup
Apple Juice

30

Croissant
Margarine
Fresh Orange

31

Strawberry
Poptart
Mixed Fruit Cup
Orange Juice

1

DREAMS

OCTOBER LUNCH

MON

TUES

WED

THURS

FRI

30

DREAMS

1

BBQ Riblet
Wheat Hamburger
Bun
Diced Carrots
Fresh Apple

2

Chicken Burger
Wheat Hamburger
Bun
Vegetarian Beans
Fresh Bananas

3

Chicken Meatballs
w/ Teriyaki Sauce
Oriental Mixed
Vegetables
WG Bread Slice
Fresh Apple

4

**NO
SCHOOL**

7

Chicken Fingers
Kidney Beans
Dinner Roll
Craisins

8

Beef Hamburger
Hamburger Bun
Green Beans
Mixed Fruit Cup

9

Beef Nachos
w/ Cheddar
Cheese
Fresh Baby
Carrots
Tortilla Scoops
Fresh Banana

10

Grilled Chicken
Fillet w/ Gravy
French Fries
Bread Slice
Fresh Apple

11

Cheese Pizza
Romaine Salad
w/ Dressing
Fresh Orange

14

**NO
SCHOOL**

15

Crispy Chicken
Drummies
Refried Beans
Dinner Roll
Fresh Apple

16

Spaghetti w/
Beef Meatballs
Mixed
Vegetables
Bread Slice
Pear Cup

17

Sun Butter &
Jelly
Sandwich
Baby Carrots
Fresh Apple

18

Cheese Pizza
Romaine Salad
Dressing
Fresh Orange

21

Macaroni &
Cheese
Black Beans &
Corn Salad
Craisins

22

Grilled Cheese
Sandwich
Baby Carrots
Fresh Pear

23

**NO
SCHOOL**

24

BBQ Chicken Fillet
WW Bun
Mixed Vegetables
Mixed Fruit Cup

25

Whole Wheat
Cheese Pizza
Romaine Salad
Dressing
Fresh Orange

28

Teriyaki Beef
Dippers
Black Beans
Craisins
Dinner Roll

29

Crispy Chicken
Drummies
Diced Potatoes
Fresh Banana
Dinner Roll

30

Grilled Cheese
Sandwich
Baby Carrots
Pineapple Cup

31

Chicken
Meatballs
Mixed Vegetables
Fresh Apple
Bread Slice

1

DREAMS

OCTOBER SNACK

MON

TUES

WED

THURS

FRI

30

DREAMS

1

Cheez-Its
Grape Juice

2

Scooby Snacks
Vanilla Yogurt

3

Chocolate Loaf
Fruit Punch

4

NO
SCHOOL

7

Animal
Crackers
Grape Juice

8

Cheese Goldfish
Fruit Punch

9

Wheat Wafers
Apple Juice

10

Mini Pretzels
Orange Juice

11

Cinnamon
Bug Bites
Grape juice

14

NO
SCHOOL

15

Pretzel Goldfish
Fruit Punch

16

Strawberry
Banana Yogurt
Animal
Crackers

17

Cheez-Its
Grape Juice

18

Vanilla
All Star Bites
Orange Juice

21

Graham
Crackers
Apple Juice

22

Chocolate
Bear Grahams
Grape Juice

23

NO
SCHOOL

24

Mini
Pretzels
Orange
Juice

25

Wheat Wafers
Apple Juice

28

Chat Snax
Orange Juice

29

Chocolate Tiger
Bites
Strawberry Kiwi
Juice

30

Cheese Goldfish
Fruit Punch

31

Chocolate Bear
Grahams
Orange Juice

1

DREAMS