

MEAL MENU

October 6 - 10

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry muffin Apples Milk	Life cereal Craisins Milk	French Toast Peaches Milk	Cheerios cereal Raisins Milk	Pancakes Pineapple Milk
Lunch	Chicken salad sandwich Bananas Cucumbers Milk or Water	Fish Sticks French fries Orange Milk or Water	Mac & Cheese Fruit cocktail Peas Milk or Water	Chicken Patty Bun Bananas Baby carrots Milk or Water	Turkey sandwich Oranges Tomatoes slices Milk or water
Snack	Pop tarts Raisins Water	Goldfish Carrots Water	Ritz crackers Cheese Sticks Water	Pretzels Yogurt Water	Rice Krispies Craisins Water

October 13 - 17

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Apple Jacks Craisins Milk	French toast Peaches Milk	Frosted Flakes Raisins Milk	Pancakes Mandarin oranges Milk
Lunch	SCHOOL CLOSED	Cheese & Bean Burrito Apples Milk or Water	Spaghetti Meatballs Pineapple Green salad Milk or Water	Pita bread pizza Bananas Red beans Milk or water	Ham sandwich Oranges Cucumber slices Milk or Water
Snack		Veggie straws Carrots Water	Animal crackers Yogurt Water	Chex mix Craisins Water	Saltine crackers Cheese slices Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango

MEAL MENU

October 20 - 24

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry Muffin Apples Milk	Apple Jacks cereal Raisins Milk	French Toast Pears Milk	Cheerios cereal Craisins Milk	Pancakes Pineapple Milk
Lunch	Turkey hot dog Bun Bananas Cucumber Milk or Water	English Muffin Cheese melt Apples Baby carrots Milk or Water	Shell pasta Alfredo sauce Peaches Broccoli Milk or water	Fish sticks French fries Oranges Tomato slices Milk or Water	Cheese Quesadilla Peaches Black beans Milk or Water
Snack	Ritz Crackers Yogurt Water	Pop tarts Craisins Water	Saltine crackers Cheese slices Water	Rice Krispies Dried mangos Water	Pretzel Yogurt Water

October 27 - 31

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagel Cream cheese or Butter Raisins Milk	Cheerios cereal Craisins Milk	French Toast Peaches Milk	Frosted Flakes Raisins Milk	Pancakes Pineapple Milk
Lunch	Turkey sandwich Oranges Cucumber Milk or Water	Chicken nuggets Tater tots Bananas Broccoli Milk or Water	Turkey hot dog Bun Pears Bell pepper slices Milk or Water	Sun butter sandwich Grape jelly Oranges Tomato slices Milk or water	Cheese pizza Apples Baby Carrots Milk or Water
Snack	Graham crackers Cheese sticks Water	Club Crackers Carrots Water	Animal Crackers Dried Mangos Water	Ritz crackers Yogurt Water	Pop tarts Craisins Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango