

Subject to change based on availability of items

OCTOBER BREAKFAST MENU

MILK SERVED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Mini Muffins* Fruit	2 Apple Pancakes*
5 English Muffin with PEANUT BUTTER*	6 Cereal* Yogurt*	7 French Toast Sticks*	8 Breakfast Sandwich* (Egg, Sausage, Cheese)	9 Danish* Yogurt*
12 Oatmeal	13 Cinnamon Rolls* Fruit	14 Cinnamon Sugar Toast *	15 Blueberry Bread*	16 Donut* Fruit
19 Waffles*	20 Banana Bread*	21 Breakfast "Sushi" (Flour tortilla, cream cheese, fruit)	22 Pancakes* Sausage	23 Pop-Tart* Fruit
26 PEANUT BUTTER Toast*	27 Cereal Bar* Yogurt*	28 Eggs* Sausage	29 Oatmeal	30 Breakfast Bar* (Choice of item)

OCTOBER SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cookies* Milk*	2 Animal Crackers* Milk*
5 Goldfish* Juice	6 Cereal Bar* Milk*	7 Popcorn* Juice	8 Grapes Milk*	9 Churro Bites* Juice
12 Granola Bar* Juice	13 Apples Milk*	14 Pudding* Juice	15 Chex-Mix* Juice	16 Rice Krispy Treat* Juice
19 Pretzel Bites* Juice	20 Carrots and PEANUT BUTTER	21 Banana Milk*	22 Pita Chips* Juice	23 Sherbet* Juice
26 Ice Cream Sand- wich*	27 Oranges Milk*	28 Cheese Stick* Pretzels* Juice	29 Graham Snack* Milk*	30 Cookies* Milk*

** Items marked may contain the following major food allergens-Milk, Egg, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy and Sesame. For more information and/or item ingredients, please notify a staff member. Item information can be located at Sysco.com and GFS.com

OCTOBER LUNCH MENU

MILK SERVED DAILY

Monday		Tuesday		Wednesday		Thursday		Friday	
					1	Tortellini Alfredo* Garlic Bread* Salad Peaches	2	Corn Dogs* Pretzels* Carrots Grapes	
5	Turkey and Gravy* Mashed Potatoes* Bread and Butter* Corn Mixed Fruit	6	Cheesy Sausage and Rice* Biscuit* Salad Strawberries	7	Macaroni and Cheese* Bread and Butter* Green Beans Mango	8	French Toast Sticks* Bacon Hash Browns Apples	9	Sub Sandwich* (meat, cheese, lettuce, tomato) Chips Cucumbers Oranges
12	Hot Dog* French Fries Mixed Vegetables Peaches	13	Chicken Sandwich* Tater Tots Cucumbers Grapes	14	Swedish Meatballs* Noodles Bread and Butter* Peas Mixed Fruit	15	Bologna Sandwich* Potato Soup* Crackers* Pears	16	Sweet and Sour Chicken* Rice Corn Pineapple
19	Taco* Chips and Salsa Carrots Mixed Fruit	20	Chicken and Noodles* Biscuit* Green Beans Strawberries	21	Pancakes* Sausage Hash Browns Oranges	22	Sloppy Joe Sandwich* French Fries Corn Banana	23	Pepperoni Rolls* Chips Celery Apples
26	Sausage and Cheese Bites* Eggs* Tater Tots Mango	27	Ham Sandwich* Chicken Noodle Soup Crackers* Pears	28	Chicken, Bacon , Ranch Rice* Bread and Butter* Salad Pineapple	29	Corn Dogs* French Fries Cucumbers Mixed Fruit	30	French Toast Sticks* Sausage Cheesy Hash Browns* Oranges

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