


# October Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Whole Grain Honey Bun*  Yogurt*	2 EGGS*  Toast*	3 Breakfast Bar* (Choice of items)
6 French Toast Sticks*	7 Blueberry Bread*  Yogurt*	8 Eggs  Toast*	9 Apple Cinnamon Breakfast Round	10 Breakfast Bar* (Choice of Items)
13 Mini Cinnamon Rolls*  Yogurt*	14 Oatmeal  Fruit	15 Mini Bagel*  Fruit	16 Lemon Bread*  Yogurt*	17 Breakfast Bar* (Choice of Items)
20 Cereal*  Fruit	21 Breakfast Sandwich* (EGG, Sausage, Cheese)	22 Banana Chocolate Breakfast Bar*	23 Orange Bread*  Fruit	24 Breakfast Bar* (Choice of Items)
27 Cereal Bar*  Yogurt*	28 Breakfast Empanada* (EGG, sausage)	29 Oatmeal  Fruit	30 Cinnamon Toast Crunch Bar*	31 Breakfast Bar* (Choice of Items)

\*\* 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 on GFS.com.

# October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hamburger* Cheese Stick* and Chips Cucumbers Oranges	2 Turkey and Gravy Mashed Potatoes Bread and Butter * Peas                  Peaches	3 Fish Sticks* French Fries Corn Pineapple
6 Chicken and Noodles* Bread and Butter* Green Beans Mixed Fruit	7 Ravioli* Garlic Bread* Salad Pineapple	8 Mini Corn Dogs* French Fries* Peas Banana	9 Taco* Rice Corn Strawberries	10 Pepperoni Rolls* Chips Carrots Oranges
13 Sloppy Joe Sandwich* French Fries Green Beans Mango	14 Cheesy Sausage and Rice* Bread and Butter Salad Mixed Fruit	15 Chicken, Bacon, Ranch Burrito* Rice Corn          Strawberries	16 Meatball Sub* Mozzarella Sticks* Cucumbers Oranges	17 Taco Pizza Bites* Pretzels* Mixed Vegetables Peaches
20 French Toast* Sausage Cheesy Hash Browns* Oranges	21 Macaroni and Cheese* Bread and Butter* Salad Strawberries	22 PEANUT BUTTER and Jelly* Chili Crackers* Pears	23 Hot Dog* Onion Rings* Peas Mango	24 Pizza* Chips Carrots Apples
27 Bologna Sandwich* Italian Wedding Soup* Crackers Pears	28 Chicken Nuggets* Pretzels* Corn Peaches	29 Fish Sandwich* French Fries* Broccoli Pineapple	30 Mock Chicken Sandwich* Chips Mixed Vegetables Mixed Fruit	31 Pancakes* Bacon Hash Browns Oranges

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# October Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cherry Apple Crunch Bar*  Milk*	2 PEANUT BUTTER Crackers*  Juice	3 Cookies*  Milk*
6 Pretzels*  Juice	7 Graham Snack*  Milk*	8 Oatmeal Bar*  Milk*	9 Animal Crackers*  Juice	10 Chips  Juice
13 Chex-Mix*  Juice	14 Banana  Milk*	15 Cheese and Crackers*  Juice	16 Corn Chips  Juice	17 Triple Berry Frozen Fruit Bar  Milk
20 Cheez-IT's  Juice	21 Graham Crackers and Yogurt*  Juice	22 Celery and PEANUT BUTTER*  Milk*	23 Granola Bar*  Milk	24 Ice Cream Cup*  Juice
27 Pudding*  Juice	28 Goldfish*  Juice	29 Applesauce  Milk*	30 Cookies*  Milk*	31 Snack Bar* (Choice of Item)  Juice

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