

M E N U

October 02 – October 06, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal w/Milk Fresh Berries 2% Milk	Busy Kids Breakfast Sammie (Egg & Cheese English Muffin) Fresh Fruit 2% Milk	Waffles Sausage Fresh Fruit 2% Milk	Cheese Omelet Whole Wheat Toast Fresh Fruit 2% Milk	French Toast Ham Berries 2% Milk
Morning Snack	Fruit Yogurt Water	Apple Slices Peanut Butter Water	Mandarin Oranges Water	Granola Trail Mix Water	Cheese & Crackers Water
Lunch	Homemade Beef-a-Roni Caesar Salad Steamed Green Beans Water	Macaroni & Cheese Mixed Steamed Veggies Fresh Fruit Water	Shredded Chicken, Bean & Rice Bowl Avocado Slices Tortilla Chips Water	Mini Bagel Sandwich (Cream Cheese & Canadian Bacon) Banana Slices Water	Peanut Butter & Jelly Squares on Whole Grain Fresh Fruit Water
Afternoon Snack	Grapes (vertical cut halves) Goldfish Water	Crackers Raisins Water	Animal Crackers Bananas Water	Blueberries Yogurt Water	Crackers Avocado Water