

M E N U

October 14 – October 18, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal w/ 2% Milk Fresh Strawberries 2% Milk	Pancake & Sausage on a Stick Fresh Fruit 2% Milk	Ham Scramble Eggs Fresh Fruit Whole Wheat Toast 2% Milk	Bacon, Egg, Waffle Sandwich Fresh Fruit 2% Milk	Ham, Spinach, Cheese Omelet Fresh Fruit 2% Milk
Morning Snack	Cheddar Cheese Apple Slices Water	Raspberry Muffin Water	Fresh Fruit Bowl Water	Banana Granola Bar Water	Cheese Squares Apple Sauce Water
Lunch	Beef, Rice, Veggie Bowl Fresh Fruit Water	Ham & Cheese Quesadilla Fresh Fruit Water	Chicken Nuggets Mixed Steamed Veggies Fresh Fruit Water	Hot Dog Squares Mixed Steamed Veggies Fresh Fruit Water	Beef & Cheese Quesadilla Mixed Steamed Veggies Fresh Fruit Water
Afternoon Snack	Mini Ritz w/Peanut Butter Water	Apple Slices Peanut Butter Water	PB&J Waffles Water	Bean & Tortilla Chips Water	Mixed Fruit Bowl Water