

OCT

MENU



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
MON	B: Cinnamon Toast L: Mac & Cheese, mixed veggies, oranges S: Animal crackers	B: Cereal L: Shepard Pie, Pears S: Wheat Thins	B: Bagel L: Turkey Sandwich, peas, applesauce S: Animal crackers	B: Butter Toast L: Tater Tot casserole, oranges S: Graham Cracker	
TUE	B: Waffle L: Baked empanada, black eyed peas, oranges S: Goldfish	B: English Muffins L: Pulled chicken, carrot- ranch, apple slices S: Veggie straws	B: Hashbrown L: Spaghetti, green beans, pears S: Rice Crisp	B: Pancake L: Mexican linguine, corn, pineapple S: Pretzel	
WED	B: Muffin L: BBQ meatballs, potatoes, oranges S: Goldfish	B: Oatmeal L: Pizza, mixed veggies, mixed fruit S: Animal crackers	B: French toast L: Beef & rice, mixed fruit S: Cheez Its	B: Oatmeal L: Grilled cheese, tomato soup, apple sauce S: Graham crackers	
THU	B: Pancakes L: Chicken Alfredo, peas, apple sauce S: Veggie Straw	B: Toast & Jam L: Chili & Crackers, sliced apples S: Goldfish	B: Waffle L: Meat loaf, potatoes, strawberries S: veggie straws	B: Hashbrown L: Beef stew, peaches S: Nilla wafers	
FRI	B: Biscuits L: Steak fingers, Tots, pineapple S: Cheez its	B: Yogurt L: Chicken nuggets, fries, peaches S: Pretzel	B: Muffins L: Fish sticks, tots, pears S: Cookies	B: Cereal L: Sunbutter sandwich, chips, strawberries S: Veggie Straws	