



# OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FIRDAY
	1 Special K Bar Chicken Patty Sandwich Carrots w/Ranch Melon Chef's Choice	2 Bel Vita Bites Bagel / Cream Cheese Cucumbers Bananas Pretzels	3 Cinnamon Toast Meatball Hoagie Peas Fruit Cocktail Yogurt	4 Banana Bread Chicken fried Rice Oranges Goldfish/Raisins
7 Cream of Wheat Chicken & Rice Broccoli Blueberries Animal Crackers	8 Pancakes Pizza Corn Apples Chef's Choice	9 Muffins Sloppy Joes Baked Beans Peaches Vanilla Wafers	10 Yogurt Chicken Nuggets Mix Veggies Fruit Cocktail Cheez-its	11 Applesauce Tuna Mac & Cheese Green Beans Strawberries Graham crackers w/ Soy
14 Oatmeal Spaghetti Salad Apples Teddy Grahams	15 Biscuits Bean Burritos Corn Oranges Chef's Choice	16 Pop tarts Fish Sticks Tomato/Cucumber Salad Peaches Goldfish/raisins	17 Applesauce Chicken Alfredo Broccoli Oranges Triscuits	18 Yogurt Salisbury Steak Mashed Potatoes Mixed Veggies Fruit cocktail Fig Bar
21 Waffles Cheese Ravioli Fresh Spinach Fruit Cocktail Cheez-its	22 Biscuits Chicken Quesadilla Cucumber Salad Apples Chef's Choice	23 Nutrigrain Bar Turkey/cheese, & Crackers Carrots w/ Ranch Strawberries Graham crackers w/ Soy	24 Yogurt Beef Stew with mixed veggies Oranges Pretzels	25 Pancakes Teriyaki Chicken Green Beans Apples Bananas
28 Boiled Egg Corndog Baked beans Blueberries Wheat Thins & Cheese	29 Special K Bar Chicken Patty Sandwich Carrots w/Ranch Melon Chef's Choice	30 Bel Vita Bites Bagel w/ Cream Cheese Cucumbers Bananas Pretzels	31 Cinnamon Toast Meatball Hoagie Peas Fruit Cocktail Yogurt	1 Banana Bread Chicken fried Rice Oranges Goldfish/Raisins