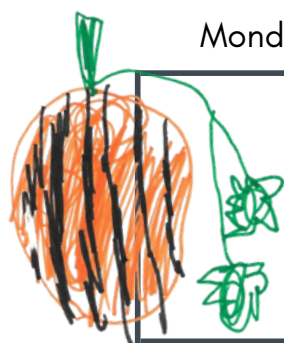




Mangia! Mangia! October's Menu

"Calm, cooperation, and 'bon appétit' to all."

We provide a morning and afternoon snack and lunch. Outside food is not allowed. We use tasty alternatives for any child who is vegetarian or has specific food allergies. SVP is a nut-free facility. The menu is subject to change.



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pumpkin O's cereal, milk Pasta with Autumn Harvest sauce, broccoli, salad, milk Pretzels, oranges	2 Yogurt with blueberries Pizza on focaccia bread, peas, salad, milk Whole grain rice cakes with SunButter
5 Pumpkin O's cereal, milk Spaghetti with meatballs, corn, salad, milk Goldfish, apple slices	6 Bagel with cream cheese Chicken nuggets, mixed veggies, salad, milk Hummus with Naan crackers	7 Pancakes, bananas Cheese tortellini, broccoli, salad, milk Carrots and cucumbers with ranch dip	8 <i>Multi-Grain Cheerios</i> with milk Tacos with ground turkey, green beans, salad, milk Wheat crackers, melon	9 Oatmeal, blueberries Cheese quesadilla, pinto beans, salad, milk Graham crackers, apple slices
12 <i>Multi-Grain Cheerios</i> with milk Pesto pasta with garbanzo beans, brussels sprouts, salad, milk Pretzels, apple slices	13 Blueberry muffins, milk Roly Poly Wraps with avocado, broccoli, salad, milk Whole grain rice cakes with SunButter	14 ★ Waffles, strawberries Wheat English Muffin pizza, peas, salad, milk Early closure at 12:30 pm ★ Parent Night at 5:30 pm	15 Oatmeal, blueberries Orange chicken, broccoli, salad, milk Hummus with pita bread	16 Pumpkin O's cereal, milk Fish sticks, pinto beans, mixed veggies, salad, milk Wheat crackers, oranges
19 Oatmeal, milk Chicken nuggets, mixed veggies, salad, milk Wheat crackers, applesauce	20 Yogurt, berries Grilled cheese sandwich, cucumbers and carrots, salad, milk Pretzels, apple slices	21 Banana Bread, milk Wheat English Muffin Pizzas, peas, salad, milk Wheat crackers, string cheese	22 Waffles, berries Cheese quesadilla, black beans, salad, milk Whole grain rice cakes with SunButter	23 <i>Multi-Grain Cheerios</i> with milk Spaghetti with meatballs, zucchini, salad, milk Carrots and cucumbers with ranch dip
26 Acai Bowl with fruit Orange chicken, brown rice, mixed veggies, milk String cheese, cuties ★	27 Pumpkin O's cereal, milk Scrambled eggs, garden tomatoes, salad, milk Hummus with Naan crackers	28 Pancakes, strawberries Tacos with ground turkey, mixed veggies, milk Pretzels, apple slices	29 <i>Multi-Grain Cheerios</i> with milk Pizza on focaccia bread, mixed veggies, milk Whole grain rice cakes with SunButter	30 Zucchini bread, melon Pumpkin-shaped ravioli, green beans, salad, milk Wheat crackers, oranges

Fall & Costume Potluck at 5:30 pm ★