



# October 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack		Low Sugar Cereal & Milk	Mini Bagels w/ Cream Cheese & Milk	Pancakes, Syrup & Milk	Cheesy Toast & Milk
Lunch		Cheese Quesadilla, Pineapple, Black Beans, Milk	BBQ Meatballs (BBQ Veggie Meatballs) Peas, WG Roll, Banana, Milk	Chicken Nuggets (Spring Rolls) Green Beans, Applesauce, Milk	Vegetable Lasagna, Garlic Bread, Sliced Apples, Milk
PM Snack		Pretzels w/ Cheese Dip & Water	Cheese It's & Apple Juice	Graham Cracker w/ Sun Butter & Water	Assorted Muffins & Water
AM Snack	7	Nutri-Grain Bar & Milk	French Toast, Syrup & Milk	Biscuits w/ Jelly & Milk	Waffles, Syrup, Milk
Lunch		Cheese Pizza, Tropical Fruit, Corn, Milk	Turkey Cheese Roll Up (Cheese Roll Up) Salad w/ Ranch, Diced Peas, Milk	Fish Nuggets (Veggie Nuggets) Mango, Green Beans, Milk	Cheese Tortellini w/ Alfredo Sauce, Salad w/ Ranch, Peaches, Milk
PM Snack		Trail Mix & Water	Goldfish & Apple Juice	Carrot Sticks w/ Ranch & Water	Fig Bar, Applesauce & water
AM Snack	14	Yogurt w/ Granola & Milk	Cheese Toast & Milk	Pancakes, Syrup & Milk	Mini Bagel w/ Cream Cheese & Milk
Lunch		Cheesy Sliders, Peas, Mandarin Oranges, Milk	Chicken Alfredo (Alfredo), Mixed Veggies, Pineapple, Milk	Cheese Quesadilla, Peaches, Corn, Milk	BBQ Chicken (Veggie Nuggets), Green Beans, WG Roll, Mixed Fruit, Milk
PM Snack		Sweet Potato Crackers & Apple Juice	Graham Crackers w/ Sunbutter & Water	Fresh Apple Slices, String Cheese & Water	Fig Newton Bar & Apple Juice
AM Snack	21	Biscuits w/ Jelly & Milk	French Toast, Syrup & Milk	Waffles, Syrup & Milk	Yogurt w/ Granola
Lunch		Fish Sticks (Spring Rolls) Steamed Broccoli, Applesauce, Milk	Vegetable Lasagna, Garlic Bread, Peaches, Milk	Cheese Ravioli w/ Marina Sauce, Mandarin Oranges, Mixed Veggies, Milk	Veggie Burger, Apple Slices, Corn, Milk
PM Snack		WG Banana Muffin & Water	House Made Trail Mix & Water	Cucumbers w/ Ranch & water	Caramel Rice Cakes & Apple Juice
AM Snack	28	Mini Bagel w/ cream Cheese & Milk	Blueberry Muffin & Milk	Cereal Bar & Milk	WG Cereal & Milk
Lunch		Grilled Cheese Sandwich, Mangos, Green Beans, Milk	Chicken Nuggets (Veggie Nuggets) Tater Tots, Applesauce Milk	Bbq Meatballs (Veg. Meatballs), Roll, Broccoli, Mixed fruit, Milk	Pasta Bake (V), Peas, Pineapple, Milk
PM Snack		Pretzels w/ Marinara & Water	Black Bean Crackers, Cheese Cubes & water	Yogurt w/ granola & water	Ritz Crackers, String Cheese & water