



October Menu

Monday 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9
Breakfast Maple Brown Sugar Bars & Diced Pears Milk	Breakfast Waffle Sticks & Crushed Pineapple Milk	Breakfast Blueberry Nutri- Grain Bars & Mixed Fruit Milk	Breakfast Multi Grain Reduced Sugar Frosted Flakes & Bananas Milk	Breakfast Orange Muffins & Diced Peaches Milk
Lunch Chicken Alfredo Green Beans Sliced Apricots Milk	Lunch Salisbury Steak Mixed Vegetables Cranberry- Applesauce Yeast Rolls Milk	Lunch Bean & Cheese Burritos Corn Tropical Fruit Milk	Lunch Ham & Rice Peas & Carrots Mandarin Oranges Milk	Lunch Cheeseburger on Wheat Bun Crinkle Fries Sliced Apples Milk
Snack Graham Crackers & Raisins 100% Apple Juice or Water	Snack Vanilla Wafers 100% Apple Juice	Snack White Cheddar Cheez-it Crackers 100% Apple Juice	Snack Fig Newtons 100% Apple Juice	Snack Kiddie Trail Mix & Cran-Raisins 100% Apple Juice or Water