

# October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>Snack:</b> Yogurt & Rice Crispies <b>Lunch:</b> Chicken Noodle Soup, Grilled Cheese, Corn & Mangos <b>Snack:</b> Pita Bread and Hummus	2 <b>Snack:</b> Cheese Grits <b>Lunch:</b> Baked Ziti with Meal Sauce , peas & Pears <b>Snack:</b> Pretzels & Cheese Slices	3 <b>Snack:</b> Cottage Cheese & Blueberries <b>Lunch :</b> Cheese Pizza, Salad & Strawberries <b>Snack:</b> Wheat Crackers with Cream Cheese	4 <b>Snack:</b> Bananas & Milk <b>Lunch:</b> Salisbury Steak with Mashed Potatoes and Gravy, Orange Wedges <b>Snack:</b> Breadsticks with Marinara	5 <b>Snack:</b> Mixed Fruit & milk <b>Lunch:</b> Hot Turkey & Cheese Sandwiches, Salad, Sliced Apples <b>Snack:</b> Trail Mix & Juice	6
7	8 <b>Snack:</b> Bananas & Milk <b>Lunch:</b> Tomato Soup, Grilled Cheese, Green Beans & Pineapple <b>Snack:</b> Apple Slices & Soy Nut Butter	9 <b>Snack:</b> Oatmeal & Milk <b>Lunch:</b> Chicken & Rice Casserole, Salad, applesauce <b>Snack:</b> Bell Peppers & Cheese Slices	10 <b>Snack:</b> Apple Sauce & Graham Crackers <b>Lunch:</b> Grilled Chicken Nuggets, Carrots, Bananas <b>Snack:</b> Baked Apples and Juice	11 <b>Snack:</b> Mixed Fruit & Milk <b>Lunch:</b> BBQ Chicken Sandwich, Roasted Sweet Potatoes & Pears <b>Snack:</b> Tuna Salad & Crackers	12 <b>Snack:</b> Cucumbers with Ranch & Juice <b>Lunch:</b> Cheese Pizza, Salad , Mangos <b>Snack</b> Yogurt & Rice Crispies	13
14	15 <b>Snack:</b> Yogurt & Rice Crispies <b>Lunch:</b> Chicken Noodle Soup, Grilled Cheese, Corn & Mangos <b>Snack:</b> Pita Bread and Hummus	16 <b>Snack:</b> Cheese Grits <b>Lunch:</b> Baked Ziti with Meal Sauce , peas & Pears <b>Snack:</b> Pretzels & Cheese Slices	17 <b>Snack:</b> Cottage Cheese & Blueberries <b>Lunch:</b> Scrambled Eggs, Toast, Cucumbers & Strawberries <b>Snack:</b> Wheat Crackers	18 <b>Snack:</b> Bananas & Milk <b>Lunch:</b> Salisbury Steak with Mashed Potatoes and Gravy, Orange Wedges <b>Snack:</b> Breadsticks with Marinara	19 <b>Snack:</b> Mixed Fruit & milk <b>Lunch:</b> Hot Turkey & Cheese Sandwiches, Salad, Sliced Apples <b>Snack:</b> Trail Mix & Juice	20
21	22 <b>Snack:</b> Bananas & Milk <b>Lunch:</b> Tomato Soup, Grilled Cheese, Green Beans & Pineapple <b>Snack:</b> Apple Slices & Soy Nut Butter	23 <b>Snack:</b> Oatmeal & Milk <b>Lunch:</b> Chicken & Rice Casserole, Salad, applesauce <b>Snack:</b> Bell Peppers & Cheese Slices	24 <b>Snack:</b> Apple Sauce & Graham Crackers <b>Lunch:</b> Grilled Chicken Nuggets, Carrots, Bananas <b>Snack:</b> Baked Apples and Juice	25 <b>Snack:</b> Mixed Fruit & Milk <b>Lunch:</b> BBQ Chicken Sandwich, Roasted Sweet Potatoes & Pears <b>Snack:</b> Tuna Salad & Crackers	26 <b>Snack:</b> Cucumbers with Ranch & Juice <b>Lunch:</b> Cheese Pizza, Salad , Mangos <b>Snack:</b> Yogurt & Rice Crispies	27
28	29 <b>Snack:</b> Yogurt & Rice Crispies <b>Lunch:</b> Chicken Noodle Soup, Grilled Cheese, Corn & Mangos <b>Snack:</b> Pita Bread and Hummus	30 <b>Snack:</b> Cheese Grits <b>Lunch:</b> Baked Ziti with Meal Sauce , peas & Pears <b>Snack:</b> Pretzels & Cheese Slices	31 <b>Snack:</b> Cottage Cheese & Blueberries <b>Lunch :</b> Cheese Pizza, Salad & Strawberries <b>Snack:</b> Wheat Crackers with Cream Cheese			