

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 AM Snack: Bananas Lunch: Meatballs w/ buttered rice PM Snack: String cheese	2 AM Snack: Graham crackers Lunch: Grilled cheese w/ tomato soup PM Snack: Trail mix	3 AM Snack: Blueberries Lunch: Ham sandwiches, carrots PM Snack: Caramel apple pretzel salad	4 AM Snack: Jelly toast Lunch: Leftovers PM Snack: Leftovers	5
6	7 AM Snack: Yogurt Lunch: Turkey sandwiches, oranges PM Snack: Goldfish crackers	8 AM Snack: Applesauce Lunch: Clam chowder, saltines PM Snack: Granola bars	9 AM Snack: Apples Lunch: Sausage egg burritos, strawberries PM Snack: PB Cereal Bites	10 AM Snack: Bagels w/ cream cheese Lunch: Spaghetti w/ broccoli PM Snack: Leftovers	11 AM Snack: Muffins Lunch: French bread pizzas, salad PM Snack: Hard boiled eggs	12
13	14 AM Snack: Bananas Lunch: Pancakes w/ eggs PM Snack: Graham crackers	15 AM Snack: Grapefruit Lunch: PBJ, ritz crackers PM Snack: Cottage cheese	16 AM Snack: Granola bars Lunch: Sloppy joes, French fries PM Snack: Apples	17 AM Snack: PB Toast Lunch: Chicken pasta salad, pretzels PM Snack: Blueberries	18 AM Snack: English muffins Lunch: Leftovers PM Snack: Leftovers	19
20	21 AM Snack: PB Cereal Bites Lunch: Chicken nuggets, corn PM Snack: Goldfish	22 AM Snack: Granola bars Lunch: Soft tacos, salad PM Snack: Ice cream cups	23 AM Snack: Applesauce Lunch: Cheese quesadillas, pretzels PM Snack: Cucumber	24 AM Snack: Yogurt Lunch: Fettuccini alfredo, carrots PM Snack: Muffins	25 AM Snack: Bananas Lunch: Doritos taco salad, pretzels PM Snack: Graham crackers	26
27	28 AM Snack: Apple slices Lunch: PBJ, zucchini PM Snack: Caramel apple pretzel salad	29 AM Snack: Yogurt Lunch: Chili w/ cornbread PM Snack: cheese & crackers	30 AM Snack: Granola bars Lunch: Spaghetti w/ garlic bread PM Snack: Hard boiled eggs	31 AM Snack: Oranges Lunch: French bread pizza, salad PM Snack: Halloween treat!		