

Kids' Stuff Menu October 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
|  |  |  | <p>1 Nutrigrain Bars</p> <p>Grilled Cheese Baked Beans Grape Tomatoes Mandarin Oranges Low Fat Milk</p> <p>Trail Mix</p> | <p>2 Waffles w/ Syrup</p> <p>Boxed Lunch With Drink</p> <p>Chocolate Chip Cookies</p> |
| <p>5 Chex Cereal Bananas</p> <p>Fish Sticks Yellow Rice Shredded Lettuce Mixed Fruit Low Fat Milk</p> <p>Cheez-its</p> | <p>6 French Toast Sticks</p> <p>Hot Buttered Noodles w/ Parmesan Cheese Mixed Vegetables Fresh Apple Slices Low Fat Milk</p> <p>Oatmeal Cookies</p> | <p>7 Granola Bars</p> <p>Cowboy Stew White Rice Steamed Broccoli Peaches Low Fat Milk</p> <p>Goldfish</p> | <p>8 Applesauce Ritz Crackers</p> <p>Chicken Nuggets Mashed Potatoes w/gravy Green Beans Tropical Fruit Low Fat Milk</p> <p>Chex Mix</p> | <p>9 English Muffins w/ Butter</p> <p>Boxed Lunch With Drink</p> <p>Pretzels</p> |
| <p>12 Graham Crackers Bananas</p> <p>Chicken Breast Salad Vegetable Crackers Lettuce Diced Pickles Pineapple Low Fat Milk</p> <p>Yogurt Pops</p> | <p>13 Mini Muffins</p> <p>Baked Yellow Rice and Chicken Green Peas Mandarin Oranges Low Fat Milk</p> <p>Animal Crackers</p> | <p>14 String Cheese Saltines</p> <p>Scrambled Eggs & Toast Cherry Tomatoes Peaches Low Fat Milk</p> <p>Trail Mix</p> | <p>15 Nutri-Grain Bars</p> <p>Macaroni and Cheese Green Beans Fresh Oranges Low Fat Milk</p> <p>Fresh Cucumbers w/ Ranch</p> | <p>16 Fruit & Yogurt Parfait</p> <p>Boxed Lunch With Drink</p> <p>Vanilla Wafers</p> |
| <p>19 Kix Cereal Bananas</p> <p>Boxed Lunch With Drink</p> <p>Cheez-its</p> | <p>20 Fig Newtons</p> <p>Chicken Alfredo Cucumber Slices w/ Ranch Pineapple Low Fat Milk</p> <p>Veggie Straws</p> | <p>21 Teddy Grahams Fresh Orange Slices</p> <p>Cheese Quesadillas Crinkle Cut Carrots Fresh Apple Slices Low Fat Milk</p> <p>Oatmeal Cookies</p> | <p>23 Bagels w/ Cream Cheese</p> <p>Mama's Pasta w/ Sauce Mixed Vegetables Peaches Low Fat Milk</p> <p>String Cheese Saltine Crackers</p> | <p>23 Biscuits w/ Butter and Jam</p> <p>Boxed Lunch With Drink</p> <p>Goldfish</p> |
| <p>26 Graham Crackers Apple Sauce</p> <p>Macaroni and Cheese Green Beans Fresh Oranges Low Fat Milk</p> <p>Vanilla Wafers</p> | <p>27 Mini Muffins</p> <p>Taco Bake Corn Lettuce Tropical Fruit Low Fat Milk</p> <p>Yogurt Pops</p> | <p>28 Cheerios Bananas</p> <p>Meatballs & Marinara Sauce w/Pasta Steamed Broccoli Pineapple Low Fat Milk</p> <p>Veggie Straws</p> | <p>29 Nutrigrain Bars</p> <p>Grilled Cheese Baked Beans Grape Tomatoes Mandarin Oranges Low Fat Milk</p> <p>Trail Mix</p> | <p>30 Waffles w/ Syrup</p> <p>Boxed Lunch With Drink</p> <p>Chocolate Chip Cookies</p> |

Published 09/28/2020

Fresh Water offered with each snack & meal

School Age Program is offered whole fresh fruits each afternoon in addition to the menu