



## October Menu

<b>Monday 10/10</b>	<b>Tuesday 10/11</b>	<b>Wednesday 10/12</b>	<b>Thursday 10/13</b>	<b>Friday 10/14</b>
<b>Breakfast</b>  Mini-Cinnamon Roll with Diced Pears and Milk	<b>Breakfast</b>  Whole Grain Waffle Stix with Mandarin Oranges and Milk	<b>Breakfast</b>  Cinnamon Swirl French Toast with Diced Peaches and Milk	<b>Breakfast</b>  Assorted Multigrain Cereal with Bananas and Milk	<b>Breakfast</b>  Whole Grain Cinnamon Pop- Tart With Pine Apple Tid- Bits and Milk
<b>Lunch</b>  Ham and Rice with Carrots, Sliced Cinnamon Apples, and Milk	<b>Lunch</b>  Salisbury Steak And Buttermilk Biscuit with Green Beans, Crushed Pineapple and Milk	<b>Lunch</b>  Tuna Noodle Casserole with Peas, Fruit Cocktail and Milk	<b>Lunch</b>  BBQ Chicken Sandwich on Whole Wheat Bun with Corn, Tropical Fruit and Milk	<b>Lunch</b>  Cheese Burger Macaroni with Peas and Carrots, Applesauce and Milk
<b>Snack</b>  Ritz Butter Crackers with Cran-Raisins and 100% Apple Juice or Water	<b>Snack</b>  Whole Grain Mozzarella Cheese Stick and 100% Apple Juice	<b>Snack</b>  Whole Grain Cheez-it Crackers and 100% Apple Juice	<b>Snack</b>  Whole Grain Cheddar Sunchips, Applesauce Cups and 100% Apple Juice or Water	<b>Snack</b>  Fig Newton Bar and 100% Apple Juice