



October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Breakfast: Hard-boiled egg, cheese cubes</p> <p>Lunch: Whole wheat penne pasta w/alfredo sauce, garden salad w/dressing, fruit medley</p> <p>Snack: Greek style vanilla yogurt</p>	<p>3</p> <p>Breakfast: Cascadian Farm Organic Oats & Honey Granola</p> <p>Lunch: Spinach & asiago chicken sausage, baked sweet potato fries, apple slices</p> <p>Snack: Carrot & celery w/dip</p>	<p>4</p> <p>Breakfast: Pumpkin bread</p> <p>Lunch: Baked chicken w/mushroom sauce, steamed broccoli, brown rice, pears</p> <p>Snack: Fresh fruit</p>	<p>5</p> <p>Breakfast: Sweet potato pancakes w/maple syrup</p> <p>Lunch: Chicken mozzarella meatballs w/veggie pasta, peas, mandarin oranges</p> <p>Snack: Edamame w/ dip</p>	<p>6</p> <p>Breakfast: Oatmeal w/cinnamon spiced apples</p> <p>Lunch: Tuna salad sandwiches on crescent rolls, coleslaw, oranges</p> <p>Snack: String cheese w/pita chips</p>
<p>9</p> <p>Breakfast: Cheese on wheat toast</p> <p>Lunch: Baked sweet potato bar, tomato & cucumber w/vinaigrette dressing, bananas</p> <p>Snack: Pineapple orange coconut smoothie</p>	<p>10</p> <p>Breakfast: Pumpkin spice scones</p> <p>Lunch: Turkey breast w/butternut squash & brown rice, green beans, apple slices</p> <p>Snack: Greek style yogurt w/honey</p>	<p>11</p> <p>Breakfast: Kashi Organic Promise Berry Fruitful Cereal</p> <p>Lunch: Augason Farms organic corn chowder soup, French bread rolls, cinnamon applesauce</p> <p>Snack: Fig Newton Bars</p>	<p>12</p> <p>Breakfast: Raisin Bread</p> <p>Lunch: Cheese & spinach pizza on wheat bagels, garden salad, bananas</p> <p>Snack: Strawberries w/yogurt</p>	<p>13</p> <p>Breakfast: Scrambled eggs w/veggies</p> <p>Lunch: Baked fish sticks, baked sweet potato fries, broccoli slaw</p> <p>Snack: Hummus w/pita chips</p>
<p>16</p> <p>Breakfast: Cascadian Farm Organic Oats & Honey Granola</p> <p>Lunch: Mexican street style cheese tacos w/ black beans, roasted corn, avocado slices, fresh fruit</p> <p>Snack: Greek style yogurt</p>	<p>17</p> <p>Breakfast: Breakfast burrito (eggs, cheese & potato in whole wheat tortilla)</p> <p>Lunch: Turkey chili w/cornbread, bananas</p> <p>Snack: No nut butter & celery sticks</p>	<p>18</p> <p>Breakfast: Oatmeal w/blueberries</p> <p>Lunch: Grilled chicken nuggets, sautéed spinach, wheat roll, pineapple</p> <p>Snack: String cheese, pretzels</p>	<p>19</p> <p>Breakfast: Zucchini bran muffins</p> <p>Lunch: Turkey & Swiss pinwheels, carrot & celery sticks w/dip, bananas</p> <p>Snack: Chia pudding w/raisins</p>	<p>20</p> <p>Breakfast: Whole wheat pancakes w/maple syrup</p> <p>Lunch: Tuna stuffed avocado, Arugula salad w/vinaigrette, fresh fruit, wheat roll</p> <p>Snack: NutriGrain Bar</p>
<p>23</p> <p>Breakfast: Hard-boiled egg, cheese cubes</p> <p>Lunch: Broccoli & cheese rice casserole, Garden salad w/dressing, mandarin oranges</p> <p>Snack: Fresh fruit</p>	<p>24</p> <p>Breakfast: Banana bread</p> <p>Lunch: Augason Farms organic chicken noodle soup, no-nut butter sandwich</p> <p>Snack: Grapes & lentil chips</p>	<p>25</p> <p>Breakfast: Kashi Organic Promise Berry Fruitful Cereal</p> <p>Lunch: Malaysian style chicken & potato stew, cornbread, cinnamon apples</p> <p>Snack: Hummus & wheat thins</p>	<p>26</p> <p>Breakfast: Veggie frittata</p> <p>Lunch: Turkey meatball kebobs, tzatziki sauce, feta salad, pita bread</p> <p>Snack: Rice cakes w/fresh fruit</p>	<p>27</p> <p>Breakfast: Pumpkin muffins</p> <p>Lunch: Pan seared tilapia w/fresh herbs, butternut squash, quinoa brown rice, apples</p> <p>Snack: Cottage cheese & peaches</p>
<p>30</p> <p>Breakfast: Eggs Huevo Rancheros (eggs with mild salsa)</p> <p>Lunch: Black bean & Oaxaca cheese quesadilla, Spanish rice, guacamole salad</p> <p>Snack: Mexican style popsicles</p>	<p>31</p> <p>Breakfast: Pumpkin spiced biscuits</p> <p>Lunch: Ground turkey stuffed peppers, spinach salad w/dressing, wheat roll, bananas</p> <p>Snack: Afternoon classroom parties</p>			