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| **October 2018 Character Word: Self Control** |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **THEME: PETS****LETTER: C****NUMBER: 5****COLOR:RED****CONCEPT: UNDER/OVER** | **1.**  **Milk, Grape Juice, Rice Chex****Milk, Turkey Fritter-wg/Bread, Broccoli, Pears****Water, Saltine Crackers & Cheese** | **2. Milk, Apple Juice, Kix****Milk, Chicken Noodle Soup-wg/w Carrots, Crackers, Mandarin Oranges****Water, Graham Crackers, Carrots** | **3. Milk, Grape Juice, Frosted Mini Wheats****Milk, Chicken Patty-wg/Bread, Peas, Pineapple****Water, Vanilla Wafers, Oranges** | **4. Milk, Cranapple Juice, Rice Krispies****Milk, Pancake/Sausage/Stick-wg, Hash Browns, Applesauce****Water, Cheese Its, Apples** | **5. Milk, Orange Juice, Corn Flakes** **Milk, Taco Quesadilla, Corn, Peaches****Water, Trail Mix, Celery** |  |
| **THEME: REPTILES****LETTER: c****NUMBER: 6****COLOR: YELLOW****CONCEPT: NARROW/WIDE** | **8. Milk, Orange Juice, Corn Flakes****Milk, Country Fried Steak w/bread- wg, Mashed Potatoes, Peaches****Water, Cheese its, Celery** | **9. Milk, Grape Juice, Toasted Oats-wg****Milk, Fish Sticks-wg, Mac & Cheese-wg, Peas, Mixed Fruit****Milk, Vanilla Wafers, Bananas** | **10. Milk, Apple Juice, Rice Chex****Milk, Pepperoni Pizza-wg, Salad, Mandarin Oranges****Water, Tortilla Chips, Salsa** | **11. Milk, Cranberry Juice, Kix-wg,** **Milk, Ham & Cheese/Bread, Green Beans, Pears****Water, Trail Mix, Apples** | **12. Milk, Orange Juice, Frosted Mini Wheats-wg****Milk, Hot Dog/Bun, Fries, Pineapple****Water, Goldfish, Carrots** |  |
| **THEME: PUMPKINS****LETTER: D****NUMBER: 7****COLOR: ORANGE****CONCEPT:****BEGIN/END** | **15. Milk, Grape Juice, Toasted Oats-wg****Milk, Spaghetti, Mixed Veggies, Applesauce****Water, Granola Bars, Oranges** | **16. Milk, Orange Juice, Rice Chex****Milk, Corn Dogs, French Fries, Peaches****Milk, Oyster Crackers & Cheese** | **17. Milk, Apple Juice, Corn Flakes****Milk, Mac & Cheese/Ham-wg, Carrots, Mixed Fruit****Water, Corn Chips, Cucumber** | **18. Milk, Cranberry Juice, Kix-wg****Milk, Cheeseburger/Bread, Corn, Pears****Water, Pretzels, Celery** | **19. Milk, Grape Juice, Kix****Milk, Tomato Soup/Noodles-wg, Grilled Cheese, Mandarin Oranges****Water, Saltine Crackers & Cheese** |  |
| **THEME: HALLOWEEN****LETTER: d****NUMBER: 8****COLOR: BLACK & WHITE****CONCEPT:****LOST & FOUND** | **22. Milk, Apple Juice, Frosted Mini Wheats-wg****Milk, Taco Meat/Cheese/Tortilla shells, Broccoli, Pineapple****Water, Graham Crackers, Carrots** | **23. Milk, Crangrape Juice, Rice Krispies****Milk, Turkey/Cheese/Chef Salad w/ Croutons, Crackers, Mandarin Oranges****Water, Cheese its, Apples** | **24. Milk, Orange Juice, Corn Flakes****Milk, French Toast Sticks-wg, French Fries, Applesauce****Water, Vanilla Wafers, Oranges** | **25. Milk, Grape Juice, Toasted Oats-wg****Milk, Ravioli, Grilled Cheese, Peaches****Water, Tortilla Chips, Salsa** | **26. Milk, Apple Juice, Rice Chex****Milk, Mac & Cheese-wg/Hot Dog, Corn, Pears****Water, Trail Mix, Apples** |  |
| **THEME: WEATHER****LETTER: E****NUMBER: 9****COLOR: GREEN****CONCEPT: CLOUDY & SUNNY** | **29. Milk, Cranapple Juice, Kix-wg****Milk, Ham/Cheese/Tortilla, Salad, Pineapple****Water, Goldfish, Carrots** | **30. Milk, Orange Juice, Frosted Mini Wheats-wg****Milk, Turkey & Cheese Sandwich, Mixed Veggies, Pears****Water, Granola Bar, Oranges** | **31. Milk, Grape Juice, Rice Krispies****Milk, Meatloaf/Bread, Mashed Potatoes, Applesauce****Water, Oyster Crackers & Cheese** |  |  |  |