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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** |  |  |  |