

October Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Breakfast: Assorted cereals & mandarin oranges AM: Wheat Thin crackers with cucumbers PM: Cheesy bread with peas	04 Breakfast: Scrambled eggs with ham and cheese & bananas AM: String cheese with goldfish crackers PM: Pineapple with graham crackers	05 Breakfast: Pancakes & orange slices AM: Pretzels with green beans PM: Boiled eggs with Triscuit crackers	06 Breakfast: Croissants with strawberry jam & cantaloupe AM: Ritz crackers with roasted broccoli PM: Teddy grahams with mandarin oranges	07 Breakfast: Assorted cereals & strawberries AM: Vanilla wafers with bananas PM: Ham and cream cheese rolls with snap peas
10 Breakfast: Assorted cereals & bananas AM: Goldfish crackers with bell peppers, zucchini PM: Carrots and cheese cubes (* sliced cheese & cucumbers)	11 Breakfast: French toast & peaches AM: Celery, broccoli (* roasted), hummus, pita bread PM: Vanilla yogurt with mixed berries	12 Breakfast: Oatmeal & apple slices AM: Rice cakes with pears PM: Bean and cheese tortillas with olives	13 Breakfast: Cinnamon toast & mixed berries AM: Breadsticks with cauliflower, tomato slices, ranch (* only tomato) PM: Orange slices with popcorn (* crackers)	14 Breakfast: Assorted cereals & kiwi AM: String cheese with roasted potatoes PM: Vanilla pudding with bananas
17 Breakfast: Assorted cereals & pears AM: Green beans with Saltine crackers PM: Soy butter and jam sandwiches & milk	18 Breakfast: English muffins with strawberry jam or soy butter & mandarin oranges AM: Fig newtons with grapes (* pineapple) PM: Pretzels, carrots, celery (* cucumbers)	19 Breakfast: Bagels with cream cheese & apple slices AM: Roasted cauliflower with Better Cheddar crackers PM: Boiled eggs with peas	20 Breakfast: Breakfast burritos with ham, cheese, salsa & pineapple AM: Goldfish crackers with cucumbers, bell peppers PM: Ginger Snaps with cantaloupe	21 Breakfast: Assorted cereals & applesauce AM: Mini bagels with cream cheese, bananas PM: Wheat Thin crackers with carrots (* bell peppers),
24 Breakfast: Assorted cereals & grapes (* pineapple) AM: Graham crackers with mandarin oranges PM: Rice cakes with yogurt	25 Breakfast: Oatmeal & blueberries AM: Turkey cubes with Ritz crackers PM: Apple slices, cheese cubes (* grated cheese)	26 Breakfast: Biscuits with sausage gravy & pears AM: Cauliflower, broccoli (* roasted) with ranch, bread sticks PM: Pita bread with hummus, snap peas	27 Breakfast: Waffles with strawberries & whip cream AM: Cinnamon tortillas with applesauce PM: Popcorn with grapes (* crackers with pears)	28 Breakfast: Assorted cereals & bananas AM: Tomato slices, zucchini with Saltine crackers PM: Tuna sandwiches with pickles
31 Breakfast: Assorted cereals & mandarin oranges AM: Wheat Thin crackers with cucumbers PM: Cheesy bread with peas	01 All breakfasts are served with water and milk. Cheerios are also served as a breakfast option each day. Water is served with all snacks, unless posted otherwise. * 30 months and under	01 All breakfasts are served with water and milk. Cheerios are also served as a breakfast option each day. Water is served with all snacks, unless posted otherwise. * 30 months and under	01 All breakfasts are served with water and milk. Cheerios are also served as a breakfast option each day. Water is served with all snacks, unless posted otherwise. * 30 months and under	01 All breakfasts are served with water and milk. Cheerios are also served as a breakfast option each day. Water is served with all snacks, unless posted otherwise. * 30 months and under

Country Dawn Lunches
All Week - Soynut & Jam
M - Grilled Cheese
T - Tuna
W - English Muffin Pizzas
Th - Turkey & Cheese
F - Quesadillas