

October 2022

MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
<p>3</p> <p>B: Toast w/ scrambled eggs, fresh fruit, milk S: Fruit smoothie w/ wheat thins L: Tuscan Grilled cheese, Broccoli, mixed fruit & milk S: Multigrain crackers and cheese</p>	<p>4</p> <p>B: Oatmeal w/ fresh fruit & milk S: Orange & Ritz crackers L: BBQ chicken w/ pesto pasta, fruit cocktail & milk S: Milk & Graham crackers</p>	<p>5</p> <p>B: Pancakes w/ fruit & milk S: Pretzel's w/ apple juice L: Chili w/ brown rice, toss salad, & mandarin orange S: Bean dip w/ tortilla chips</p>	<p>6</p> <p>B: Bagel w/ banana & milk S: Apples w/ PB L: Meatloaf w/ brown rice, peas & peaches S: Triscuit & Milk</p>	<p>7</p> <p style="text-align: center;"><u>NO SCHOOL</u> Professional Development Day/ Parent-Teacher Conferences</p>
<p>10</p> <p>B: Toast w/ scrambled eggs, fresh fruit & milk S: Hummus w/ wheat thins L: Egg salad sandwich w/ celery & fruit cocktail S: Goldfish & Milk</p>	<p>11</p> <p>B: Oatmeal w/ fresh fruit & milk S: Quesadilla L: Curry w/ brown rice, mixed veggies, & mandarin orange S: Animal crackers w/ apple juice</p>	<p>12</p> <p>B: Pancake w/ berries & milk S: Boiled egg w/ soda crackers L: Turkey macaroni, peaches, corn & milk S: Apples w/ club crackers</p>	<p>13</p> <p>B: Bagel w/ melon & milk S: Fruit smoothie w/ wheat thins L: Pesto chicken w/ brown rice, green beans, peaches & milk S: Ritz crackers & milk</p>	<p>14</p> <p>B: Honey bunches of oats w/ pears & milk S: Apples & PB L: PB&J Sandwich w/ pineapple, carrots & milk S: Multigrain crackers & milk</p>
<p>17</p> <p>B: Toast w/ scrambled eggs, fresh fruit & milk S: Pretzels w/ apple juice L: Bean burrito w/ salad, peaches & milk S: Cheese sticks & ritz crackers</p>	<p>18</p> <p>B: Oatmeal w/ fresh fruit & milk S: Wheat thins w/ carrot sticks L: Shepherds pie w/ mash potato, mixed vegetables, mandarin orange & milk S: Banana w/ milk</p>	<p>19</p> <p>B: Pancakes w/ fresh fruit & milk S: Orange w/ graham crackers L: Taco pasta w, corn, fruit cocktail & milk S: Triscuit w/ milk</p>	<p>20</p> <p>B: Bagel w/ apples & milk S: Goldfish w/ watermelon L: Teri meatballs w/ brown rice, pineapple, peas & milk</p>	<p>21</p> <p>B: Cheerios w/ banana & milk S: Ritz w/ pears L: Chicken salad wrap w/ carrots, & tropical fruit S: Wheat thins w/ milk</p>
<p>24</p> <p>B: Toast w/ scrambled eggs, cantaloupe & milk S: Apple juice & Ritz L: Tofu pasta w/ mixed veggies, pineapple & milk S: Multigrain w/ cheese</p>	<p>25</p> <p>B: Oatmeal w/ fresh fruit & milk S: Hummus w/ carrots L: Beenie weenies w/ brown rice, peas, fruit cocktail & milk S: Bean dip w/ tortilla chips</p>	<p>26</p> <p>B: Pancakes w/ fresh fruit & milk S: Boiled egg w/ soda crackers L: Pork stew w/ brown rice, celery, mandarin orange & milk S: Oranges & milk</p>	<p>27</p> <p>B: Bagel w/ oranges & milk S: Fruit smoothie w/ club crackers L: Mexican chicken w/ brown rice, fiesta veggies, tropical fruit & milk S: Animal crackers w/ milk</p>	<p>28</p> <p>B: Raisin Bran w/ apples & milk S: Wheat thins w/ oranges L: Smash burgers w/ carrots, peaches & milk S: Triscuit w/ milk</p>
<p>31</p> <p>S: Cheese stick w/ Ritz L: Pork loin w/ brown rice, mandarin orange, peas & milk S: Banana w/ milk</p>				

MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY AND SEASONALITY OF ITEMS