

**Menu
October 2019**

Monday		Tuesday		Wednesday		Thursday		Friday		
30		1		2		3		4		
Eggs, Tortilla, Applesauce Milk	WG Oatmeal, Banana Milk	Waffles, Berries, Milk	Biscuit & Gravy Pears, Milk	WG Cereal, Banana, Milk	Lasagna, Broccoli, Peas, Milk	Turkey Tacos Corn, Fresh Oranges Milk	Mac & Cheese w. Ham Peas, Peaches, Milk	WG Spaghetti w/ Meat Sauce, Salad, Green Beans, Milk	Chicken Noodle Soup Pickle, Roasted Carrots Milk	
WG Cheese Toast	Goldfish, Milk	Fresh Fruit, WG crackers	Graham Crackers, Milk	Pretzels, Cheese stick	7		8		9	
Eggs, Potatoes Milk	WG English Muffin, Turkey Bacon, Banana Milk	Waffles, Cinnamon Apples, Milk	WG Granola, Yogurt, Berries, Milk	WG Cereal, Banana, Milk	Turkey & Cheese WG Sandwich, Baby Carrots Pineapple, Milk	Chicken Tacos, Corn, Beans, Milk	WG Chicken Fried Rice, Peas and Carrots, Stir Fry Veggies, Milk	Cheese pizza, Green beans, Veggie blend, Milk	Chili, WG Cornbread Broccoli, Squash Casserole, Milk	
Muffins, Milk	Cheese and Crackers	Trail Mix, Milk	Apple slices, Ritz	Breadstick, Milk	14		15		16	
Eggs, Tortilla, Applesauce Milk	WG Oatmeal, Banana Milk	Waffles, Berries, Milk	Biscuit & Gravy Pears, Milk	WG Cereal, Banana, Milk	Lasagna, Broccoli, Peas, Milk	Turkey Tacos Corn, Fresh Oranges Milk	Mac & Cheese w. Ham Peas, Peaches, Milk	WG Spaghetti w/ Meat Sauce, Salad, Green Beans, Milk	Chicken Noodle Soup Pickle, Roasted Carrots Milk	
WG Cheese Toast	Goldfish, Milk	Fresh Fruit, WG crackers	Graham Crackers, Milk	Pretzels, Cheese stick	21		22		23	
Eggs, Potatoes Milk	WG English Muffin, Turkey Bacon, Banana Milk	Waffles, Cinnamon Apples, Milk	WG Granola, Yogurt, Berries, Milk	WG Cereal, Banana, Milk	Turkey & Cheese WG Sandwich, Baby Carrots Pineapple, Milk	Chicken Tacos, Corn, Beans, Milk	WG Chicken Fried Rice, Peas and Carrots, Stir Fry Veggies, Milk	Cheese pizza, Green beans, Veggie blend, Milk	Chili, WG Cornbread Broccoli, Squash Casserole, Milk	
Muffins, Milk	Cheese and Crackers	Trail Mix, Milk	Apple slices, Ritz	Breadstick, Milk	28		29		30	
Eggs, Tortilla, Applesauce Milk	WG Oatmeal, Banana Milk	Waffles, Berries, Milk	Biscuit & Gravy Pears, Milk	WG Cereal, Banana, Milk	Lasagna, Broccoli, Peas, Milk	Turkey Tacos Corn, Fresh Oranges Milk	Mac & Cheese w. Ham Peas, Peaches, Milk	WG Spaghetti w/ Meat Sauce, Salad, Green Beans, Milk		
WG Cheese Toast	Goldfish, Milk	Fresh Fruit, WG crackers	Graham Crackers, Milk		31					

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