

October 2017 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2– Breakfast: Life cereal, V8 juice and milk*</p> <p>Lunch: Hot dog on whole grain roll, baked beans, mandarin oranges and milk*</p> <p>PM Snack: Whole grain crackers with cheese & milk*</p>	<p>3– Breakfast: Rice Krispies, broccoli with dip and milk*</p> <p>Lunch: Chicken macaroni bake with whole grain noodles, peaches and milk*</p> <p>PM Snack: Fig newton's & milk*</p>	<p>4– Breakfast: Kix cereal, bananas and milk*</p> <p>Lunch: Toasted cheese on whole grain bread, tomato soup, crackers, carrots, fruit cocktail and milk*</p> <p>PM Snack: Whole grain animal crackers & milk*</p>	<p>5– Breakfast: Blueberry muffins, cauliflower with dip and milk*</p> <p>Lunch: Whole grain ravioli, tossed salad, pears and milk*</p> <p>PM Snack: Oranges & milk*</p>	<p>6– Breakfast: Chex cereal, blueberries and milk*</p> <p>Lunch: Chili soup, corn bread, whole grain crackers, pineapples and milk*</p> <p>PM Snack: Triscuits & milk*</p>
<p>9– CCC CLOSED</p> <p>Columbus Day</p> 	<p>10– Breakfast: Cheerio's, V8 juice and milk*</p> <p>Lunch: Chicken patty on whole grain roll, corn, applesauce and milk*</p> <p>PM Snack: Whole grain pretzels & milk*</p>	<p>11– Breakfast: Rice Krispies, raspberry juice and milk*</p> <p>Lunch: Ham loaf, whole grain macaroni & cheese, glazed carrots, mandarin oranges and milk*</p> <p>PM Snack: Whole grain chocolate chip oat crisps & milk*</p>	<p>12– Breakfast: Mini wheats, carrots with dip and milk*</p> <p>Lunch: Hamburg tacos with lettuce, tomato, cheese & whole grain tortilla chips, peaches and milk*</p> <p>PM Snack: Grapes & milk*</p>	<p>13– Breakfast: Kix, kiwi strawberry juice and milk*</p> <p>Lunch: Beef BBQ on whole grain bread, sweet potato fries, fruit cocktail and milk*</p> <p>PM Snack: Sun chips & milk*</p>
<p>16– Breakfast: Chex cereal, V8 juice and milk*</p> <p>Lunch: Ham boats on whole grain roll, baked beans, pears and milk*</p> <p>PM Snack: Whole grain strawberry snaps & milk*</p>	<p>17– Breakfast: Whole grain toast with fruit spread, celery with dip and milk*</p> <p>Lunch: Chicken pot pie with whole grain noodles, broccoli, pineapples and milk*</p> <p>PM Snack: Whole grain chez-it crackers & milk*</p>	<p>18– Breakfast: Cheerio's, fruit punch and milk*</p> <p>Lunch: Whole grain French toast, sausage links, orange juice, applesauce and milk*</p> <p>PM Snack: Apple cinnamon rice cakes & milk*</p>	<p>19– Breakfast: Mini wheats, veggie chips and milk*</p> <p>Lunch: Lasagna with whole grain noodles & meat sauce, tossed salad, mandarin oranges and milk*</p> <p>PM Snack: Oatmeal bar & milk*</p>	<p>20– Breakfast: Rice Krispies, bananas and milk*</p> <p>Lunch: Kielbasa on whole grain roll, French fries, peaches and milk*</p> <p>PM Snack: Wheat thins & milk*</p>
<p>23– Breakfast: Life cereal, V8 juice and milk*</p> <p>Lunch: Cheeseburger on whole grain roll, peas, fruit cocktail and milk*</p> <p>PM Snack: Whole grain cereal & milk*</p>	<p>24– Breakfast: Apple cinnamon muffins, carrots with dip and milk*</p> <p>Lunch: Fiesta chicken mac with whole grain noodles, pears and milk*</p> <p>PM Snack: Cheese sticks & milk*</p>	<p>25– Breakfast: Kix cereal tangerine juice and milk*</p> <p>Lunch: Whole grain pepperoni pizza, green beans, pineapples and milk*</p> <p>PM Snack: Yogurt & milk*</p>	<p>26– Breakfast: Chex cereal, cauliflower with dip and milk*</p> <p>Lunch: Whole grain fish sticks, whole grain macaroni & cheese, glazed carrots, applesauce and milk*</p> <p>PM Snack: Nutri grain bars & milk*</p>	<p>27– Breakfast: Whole grain toast with fruit spread and milk*</p> <p>Lunch: Chicken nuggets, whole grain buttered noodles, corn, mandarin oranges and milk*</p> <p>PM Snack: Bananas & milk*</p>
<p>30– Breakfast: Mini wheats, V8 juice and milk*</p> <p>Lunch: Turkey & cheese on whole grain roll, peas, peaches and milk*</p> <p>PM Snack: Whole grain apple cinnamon snaps & milk*</p>	<p>31– Breakfast: Rice Krispies, broccoli with dip and milk*</p> <p>Lunch: Broccoli cheese soup, chicken salad on whole grain roll, fruit cocktail and milk*</p> <p>PM Snack: Apples & milk*</p>		<p>Milk* (Age 1: Whole milk; Age 2+: 1% milk)</p>	