

October 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1– Breakfast: Life cereal, V8 juice and milk*</p> <p>Lunch: Hot dogs on whole grain roll, baked beans, fruit cocktail and milk*</p> <p>PM Snack: Cheese with whole grain crackers & milk*</p>	<p>2– Breakfast: Whole grain blueberry muffin, veggie chips and milk*</p> <p>Lunch: Chicken with whole grain macaroni bake, pears and milk*</p> <p>PM Snack: Whole grain Fig Newton's & milk*</p>	<p>3– Breakfast: Whole grain toast with fruit spread and milk*</p> <p>Lunch: Toasted cheese sandwich on whole grain bread, tomato soup, carrot sticks, crackers, pineapples and milk*</p> <p>PM Snack: Yogurt & milk*</p>	<p>4– Breakfast: Special K cereal, grapes and milk*</p> <p>Lunch: Whole grain ravioli with meat sauce, tossed salad, applesauce and milk*</p> <p>PM Snack: Bananas & milk*</p>	<p>5– Breakfast: Kix cereal, cauliflower and milk*</p> <p>Lunch: Chili soup, whole cornbread, crackers, mandarin oranges and milk*</p> <p>PM Snack: Whole grain Triscuits & milk*</p>
<p>8– CCC CLOSED</p> <p>Teacher In-Service Day!</p> 	<p>9– Breakfast: Puffed wheat cereal, orange juice and milk*</p> <p>Lunch: Chicken patty on whole grain roll, peas, peaches and milk*</p> <p>PM Snack: Whole grain pretzels & milk*</p>	<p>10– Breakfast: Blueberry Chex cereal, celery and milk*</p> <p>Lunch: Meatloaf, mashed potatoes, corn, whole grain buttered bread, fruit cocktail and milk*</p> <p>PM Snack: Whole grain chocolate chip oatmeal bars & milk*</p>	<p>11– Breakfast: Whole grain toast with fruit spread and milk*</p> <p>Lunch: Hamburg tacos with whole grain tortilla chips, lettuce, cheese & tomato, pears and milk*</p> <p>PM Snack: Grapes & milk*</p>	<p>12– Breakfast: Whole grain apple cinnamon muffin, veggie chips and milk*</p> <p>Lunch: Beef BBQ on whole grain roll, sweet potato fries, pineapples and milk*</p> <p>PM Snack: Whole grain sun chips & milk*</p>
<p>15– Breakfast: Rice krispie's, V8 juice and milk*</p> <p>Lunch: Hot ham & cheese sandwich on whole grain roll, baked beans, applesauce and milk*</p> <p>PM Snack: Whole grain strawberry oatmeal bars & milk*</p>	<p>16– Breakfast: Whole grain apple cinnamon muffin, cucumbers and milk*</p> <p>Lunch: Chicken pot pie with whole grain noodles, broccoli, mandarin oranges and milk*</p> <p>PM Snack: Whole grain chez-it's & milk*</p>	<p>17– Breakfast: Cinnamon Chex cereal, strawberries and milk*</p> <p>Lunch: Whole grain French toast, sausage, orange juice, peaches and milk*</p> <p>PM Snack: Whole grain apple cinnamon rice cakes & milk*</p>	<p>18– Breakfast: Whole grain toast with fruit spread and milk*</p> <p>Lunch: Lasagna with whole grain noodles & meat sauce, tossed salad, fruit cocktail and milk*</p> <p>PM Snack: Oranges & milk*</p>	<p>19– Breakfast: Life cereal, carrots and milk*</p> <p>Lunch: Kielbasa on whole grain roll, French fries, pears and milk*</p> <p>PM Snack: Whole grain wheat thins & milk*</p>
<p>22– Breakfast: Corn Chex cereal, V8 juice and milk*</p> <p>Lunch: Cheeseburger on whole grain roll, peas, pineapples and milk*</p> <p>PM Snack: Whole grain cereal mix & milk*</p>	<p>23– Breakfast: Rice krispie's, bananas and milk*</p> <p>Lunch: Fiesta chicken with whole grain macaroni, applesauce and milk*</p> <p>PM Snack: Cheese sticks & milk*</p>	<p>24– Breakfast: Whole grain blueberry muffin, broccoli and milk*</p> <p>Lunch: Cheesesteak on whole grain roll, mixed vegetables, mandarin oranges and milk*</p> <p>PM Snack: Whole grain goldfish crackers & milk*</p>	<p>25– Breakfast: Cheerio's, blueberries and milk*</p> <p>Lunch: Fish sticks, whole grain macaroni & cheese, glazed carrots, peaches and milk*</p> <p>PM Snack: Apples & milk*</p>	<p>26– Breakfast: Whole grain toast with fruit spread and milk*</p> <p>Lunch: Chicken nuggets, whole grain buttered noodles, corn, fruit cocktail and milk*</p> <p>PM Snack: Whole grain granola bars & milk*</p>
<p>29– Breakfast: Kix cereal, V8 juice and milk*</p> <p>Lunch: Turkey & cheese on whole grain roll, smiley fries, pears and milk*</p> <p>PM Snack: Whole grain pop tarts & milk*</p>	<p>30– Breakfast: Mini Wheat's cereal, raspberries and milk*</p> <p>Lunch: Broccoli & cheese soup, chicken salad sandwich on whole grain roll, crackers, pineapples and milk*</p> <p>PM Snack: Carrots & celery with dip & milk*</p>	<p>31– Breakfast: Cinnamon Chex cereal, veggie chips and milk*</p> <p>Lunch: Whole grain pizza, green beans, applesauce and milk*</p> <p>PM Snack: Whole grain Nutri grain bars & milk*</p>		<p>Milk* (Age 1: Whole milk; Age 2+: 1% milk)</p>