

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fresh Fruit Goldfish	2
3	4 Fresh Fruit Cheese Stick	5 Fresh Fruit Graham Crackers	6 Fresh Fruit Pretzels	7 Fresh Fruit Granola Bar	8 Fresh Fruit Cheez-It	9
10	11 Fresh Fruit Veggie Straws	12 Fresh Fruit GO-Gurts Yogurt	13 Fresh Fruit Peanut Butter Crackers	14 Fresh Fruit Choc Chip Cookies	15 Fresh Fruit Goldfish	16
17	18 Fresh Fruit Cheez-It	19 Fresh Fruit Granola Bar	20 Fresh Fruit Pretzels	21 Fresh Fruit Graham Crackers	22 Fresh Fruit Cheese Sticks	23
24	25 Fresh Fruit Goldfish	26 Fresh Fruit Choc Chip Cookies	27 Fresh Fruit Peanut Butter Crackers	28 Fresh Fruit Go-Gurts Yogurt	29 Fresh Fruit Veggie Straws	30

October 1 - October 29

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				PIZZA DAY 3x5 Pizza 2- Slices Celery Sticks W/Dip-3/4c Mandarin Orange Cup-1/2 c. Milk-8 oz.
4 Meatloaf w/ Ketchup-3 oz. Roasted Potato Medley-3/4 c. Dinner Roll-1 Fresh Apple-1 Milk-8 oz.	5 Beef Taco's w/ Shredded Cheddar Cheese-2 Black Beans-3/4 c. 6" Flour Tortilla-2 Fresh Orange-1 Milk-8 oz.	6 Chicken Fingers-3 Green Beans-3/4 c. Dinner Roll-1 Fresh Banana-1 Milk-8 oz.	7 Turkey and Cheese on a Whole Grain Kaiser Roll-1 Fresh Baby Carrots w/ Dip-1 c. Fruit Cup 1/2c Milk-8 oz.	8 PIZZA DAY 3x5 Pizza 2-Slices Sliced Cucumber Cup w/ Dip-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.
11 Swedish Meatballs with Gravy-3 oz. Seasoned Diced Potatoes-3/4 c. Fresh Apple-1 Dinner Roll-1 Milk-8 oz.	12 Chicken Tacos with Cheese & Lettuce 2oz 6" Flour Tortilla-2 Celery sticks W/Dip 3/4c Craisins 1/2c Milk-8 oz.	13 Toasted cheese Sandwich on Whole Wheat Bread-1 Fresh Carrots W/Dip-3/4c Fresh Orange-1 Milk-8oz	14 All Beef Hot Dog on a Whole Wheat Bun-1 Broccoli & Cheese 3/4c Fresh Banana-1 Milk-8oz	15 PIZZA DAY 3x5 Pizza 2-Slices Tomato Cup W/Dip 3/4c Mixed Fruit Cup-1/2 c. Milk-8 oz.
18 Baked Ziti-6 oz. Diced Carrots-1 c. Fresh Banana-1 Dinner Roll-1 Milk-8 oz.	19 Beef Tacos with Cheddar Cheese-2 Corn 1-c 6" Flour Tortilla-2 Fresh Apple-1 Milk-8 oz.	20 Hot Turkey with Gravy-3oz Mashed Potatoes-3/4c Dinner Roll-1 Mandarin Orange Cup-1/2 c. Milk-8 oz.	21 W/G Poppcorn Chicken-3.8 oz. Vegetarian Beans-3/4 c. Whole Wheat Dinner Roll Diced Peach Cup-1/2 c. Milk-8 oz.	22 PIZZA DAY 3x5 Pizza 2-Slices Fresh Carrots W/Dip 3/4c Fresh Clementine-1 Milk-8oz
25 W/G Chicken Nuggets-4 Fresh Celery W/Dip -3/4c Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	26 Chicken Taco's w/ Shredded Cheddar Cheese-2 Fresh Broccoli W/Dip 3/4c 6" Flour Tortilla-2 Fresh Apple-1 Milk-8 oz.	27 Macaroni & Cheese -1c Fresh Carrots -3/4c Dinner Roll-1 Mixed Fruit Cup-1/2 c. Milk-8 oz.	28 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Dinner Roll-1 Fresh Banana-1 Milk-8 oz.	29 PIZZA DAY 3x5 Pizza 2-Slices Romaine Salad w/ Dressing-1 1/2 c. Fresh Pear-1 Whole Wheat Dinner Roll Milk-8 oz.

October 1 - October 29

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.
4 Mixed Fruit Cup-1/2 c. 100% Apple Juice-4 oz. W/G Superdonut-2 oz. Milk-8 oz.	5 Mandarin Orange Cup-1/2 c. 100% Grape Juice-4 oz. W/G Apple Breakfast Bar-1 W/G Cinn. Toasters Cereal-1 oz. Milk-8 oz.	6 Fresh Pear-1 Whole Wheat Bagel with Cream Cheese-1 oz. Milk-8 oz.	7 Fresh Apple-1 W/ Croissant with Margarine-2.2 oz. Milk-8 oz.	8 Fresh Orange-1 W/G Honey Scooters-1 oz. W/G Raspberry Muffin-2 oz. Milk-8 oz.
11 Fresh Apple-1 W/G Rice Chex Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	12 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Alphabets Cereal-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	13 Fresh Pear-1 W/G White Bagel with Cream Cheese-1 oz. Milk-8 oz.	14 Diced Peach Cup-1/2 c. 100% Apple Juice-4 oz. W/G Fruity Cheerios-1 oz. Milk-8 oz.	15 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.
18 Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. Honey Scooters Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	19 Fresh Red Apple-1 W/G Lemon Muffin-2 oz. W/G Fruit Loops-1 oz. Milk-8 oz.	20 Fresh Orange-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	21 Fresh Pear-1 W/G Cinn. Toasters Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	22 Granny Smith Apple-1 W/G Superdonut-2 oz. Milk-8 oz.
25 Fresh Apple-1 W/G Trix Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.	26 Fresh Orange-1 W/G Corn Chex Cereal-1 oz. W/G Strawberry Muffin-2 oz. Milk-8 oz.	27 Fresh Pear-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.	28 Golden Delicious Apple-1 Strawberry Shredded Wheat Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.	29 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.