

October 3 - October 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Muffins-1 Waffle Grahams-2 Fresh Fruit-1 Milk-8oz	4 Pancakes-3 Turkey Sausage-3 W/G Bread Slice-1 Fresh Fruit-1 Milk-8oz	5 NO SCHOOL	6 Oatmeal-1c Waffle Grahams-2 Fresh Fruit-1 Milk-8oz	7 Fruit Smoothie-1 1/2c Banana 1/2c Strawberry 1/2c Orange Juice-4oz W/G Waffle Grahams-2 Cereal-1oz Milk-8oz
10 Bagels-1 with Cream Cheese Fresh Fruit Milk-8oz	11 Scramble Eggs-4oz Turkey Sausage-3 W/G Bread-1 Fresh Fruit Milk-8oz	12 Vanilla Yogurt-4oz Granola-1oz Cereal-1oz Fresh Fruit Milk-8oz	13 French Toast-3 Turkey Bacon-3 Fresh Fruit Milk-8oz	14 NO SCHOOL
17 Vanilla Yogurt-4oz Granola-1oz Cereal-1oz Fresh Fruit Milk-8oz	18 W/G Waffles-3 Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	19 Muffins-1 Waffle Grahams-2 Fresh Fruit-1 Milk-8oz	20 Sramble Eggs-4oz Turkey Bacon-3 W/G Bread-1 Fresh Fruit-1 Milk-8oz	21 Fruit Smoothie-1 1/2c Peaches-1/2c Blueberry-1/2c Orange Juice-4oz W/G Waffle Grahams-2 Cereal-1oz Milk-8oz
24 Oatmeal-1c Waffle Grahams-2 Fresh Fruit-1 Milk-8oz	25 French Toast-3 Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	26 Vanilla Yogurt-4oz Granola-1oz Cereal-1oz Fresh Fruit Milk-8oz	27 W/G Pancakes-3 Turkey Bacon-3 Fresh Fruit-1 Milk-8oz	28 Fruit Smoothie-1 1/2c Apicots 1/2c Strawberry-1/2c Apple Juice-4oz Waffle Grahams-2 Cereal-4oz Milk-8oz
31 Muffins-1 Waffle Grahams-2 Fresh Fruit-1 Milk-8oz				

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<p>3</p> <p>Teliyaki Beef Bites-4 Diced Carrots-1c Fresh Fruit-1 Whole Grain Bread-1 Milk-8oz</p>	<p>4</p> <p>Beef Tacos with Shredded Cheddar Cheese 6" Soft Taco Shell-2 Fresh Green Beans-3/4c Fresh Apple-1</p>	<p>5</p> <p>NO SCHOOL</p>	<p>6</p> <p>Cheese Quesadilla-4 Black Bean and Corn Sala-3/4c Fresh Banana-1 Milk-8oz</p>	<p>7</p> <p>3x5 Pizza-2 Romaine Salad W/Dressing-1 1/2c Applesauce Cup-1/2c Milk-8oz</p>
<p>10</p> <p>Macaroni and Cheese-8oz Fresh Broccoli-3/4c Dinner Roll-1 Fresh Pineapple Milk-8oz</p>	<p>11</p> <p>Chicken Taco with Cheddar Cheese 6" Soft Taco Shell-2 Black Beans-3/4c Jello Cup-1 Milk-8oz</p>	<p>12</p> <p>Chicken Salad on Romaine Salad Fresh Carrots-3/4c Dinner Roll-1 Clementine-1 Milk-8oz</p>	<p>13</p> <p>All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8 oz.</p>	<p>14</p> <p>NO SCHOOL</p>
<p>17</p> <p>Chicken Fingers-3 Corn-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.</p>	<p>18</p> <p>Beef Nachos with Cheese Sauce-5oz Fresh Broccoli-3/4c W/G Tortilla Scoops-1oz Cherry Craisins-1/2 c. Milk-8 oz.</p>	<p>19</p> <p>Meatballs with Sauce on a W/G Hot Dog Bun-1 Fresh Carrots W/Dip-1c Cantaloupe Milk-8 oz.</p>	<p>20</p> <p>Stawberry Yogurt Cup-4oz Cheddar Cheese Stick-1 Animal Crackers-1 Fresh Apple-1 Milk-8 oz.</p>	<p>21</p> <p>3x5 Pizza-2 Cucumber Cup-1c Diced Pear Cup-1/2 c. Milk-8 oz.</p>
<p>24</p> <p>W/G Chicken Nuggets-4 Broccoli Florets-3/4 c. Fresh Apple-1 Whole Wheat Dinner Roll-1 Milk-8 oz.</p>	<p>25</p> <p>Chicken Taco with Cheddar Cheese 6" Soft Taco Shell-2 Rice-3/4c Watermelon Milk-8oz</p>	<p>26</p> <p>Swedish Meatballs-3 oz. Roasted Potato-3/4c Whole Wheat Dinner-1 Pudding Cup-1 Milk-8 oz.</p>	<p>27</p> <p>BREAKFAST FOR LUNCH Large Cheese Omelet-3oz Turkey Sausage-3oz Celery Sticks W/Dip-3/4c Fresh Banana-1 W/G Bread-1 Milk-8oz</p>	<p>28</p> <p>3x5 Pizza-2 Romaine Salas W/ Dressing-1 1/2c Applesauce Cup-1/2 c. Milk-8 oz.</p>
<p>31</p> <p>All Beef Hamburger on a Whole Wheat Bun-1 Corn-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.</p>				